

COTTER CRUNCH HEALING RECIPES MEAL PLAN



Recipes compiled into PDF format from

[Cotter Crunch](#)

Since some of these recipes are from other food bloggers,
I have included those recipe titles with the link
to the actual recipe for your convenience.

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HEALING RECIPES FOR BREAKFAST

CREAMY COCONUT SPIRULINA SUPERFOOD SMOOTHIE {PALEO, VEGAN}

Prep Time 5 minutes Cook Time 00:00 Total Time 0:05

Serves 2

Creamy Coconut Spirulina Superfood Smoothie Recipe

INGREDIENTS

- 2-3 tbsp chilled coconut cream
- 1 small Avocado
- 1-2 strips fresh ginger root, or 1 tbsp grated.
- 1 small orange
- 1-2 tbsp maple syrup (adjust to sweetness desired)
- 1/2 tsp Cinnamon
- Pinch of cardamon spice
- 10 to 14 oz almond or coconut milk (the less you use, the thicker it is)
- 1 scoop spirulina powder (around 7- 10 grams)
- Optional protein powder. See notes
- Optional chia seed or topping of choice.

INSTRUCTIONS

First make sure to have a can of coconut cream in the fridge. This will help thicken the smoothie when you blend. You can use at room temperature coconut cream but it won't be as thick. You also have the option of leaving out the coconut cream if desired.

Next peel your fruits, avocado, and grate your ginger.

Place in a blender, add the the [spirulina](#) last. Blend until smooth.

Add a pinch of spirulina on top and a dash of coconut milk then place a fork in the middle of the cup to "swirl" together if you want that effect.

RECIPE NOTES

If you are looking for a protein/spirulina combo, we use [Nutrex](#).

Estimated Nutrition

250 calories 15 grams fat from coconut/avocado blend, 21 carbs, 8 grams fiber, 11 sugars, 7-8 grams of protein.

[“PB & J” SWEET POTATO BREAKFAST BOWL](#)

[MASHED CAULIFLOWER BREAKFAST BOWLS](#)

**HEALING RECIPES FOR LIGHT LUNCH
OR MAIN MEALS**

GREEN GODDESS FIG NOURISH BOWLS {VEGAN, PALEO, WHOLE 30 FRIENDLY}

Prep Time 10 min Total Time 0:10

Serves 2-3

INGREDIENTS

- 2 tbsp -4 tbsp Vegan Green Goddess Dressing (1 -2 tbsp per bowl). See link to recipe in Instructions.
- 1 green apple (spiralized or thinly slices)
- 5-6 c spinach (large leaves)
- 2-3 tbsp almonds and/or seeds
- 1/3 c – 1/2 c red or green cabbage/shaved
- 1 cup micro greens/Sprouts
- 3/4 cup to 1 c Sun-Maid California Mission Figs. Sliced in half.
- handful of Fresh Parsley (2 tbsp – 3 tbsp per bowl). Extra if you making the homemade green goddess dressing.
- Fresh Lemon juice and extra slices to garnish
- Sea salt and pepper to taste
- Drizzle of balsamic Vinegar
- *optional berries (fresh)

INSTRUCTIONS

1. First make your [Vegan Green Goddess Dressing](#). Ingredient list in notes. If you don't have tahini you can use avocado.
2. Next spiralize or thinly slice your apple.

3. Clean and dry the rest of your greens. Shred/chop extra if you bought larger spinach leaves and cabbage.
4. Slice your figs in half.
5. Arrange the spinach and cabbage into 2-3 bowls (depends on the size salad you'd like)
6. Divide the sprouts, parsley, and apple and place around the spinach/cabbage in each bowl.
7. Add divide figs in 2-3 portions. Place on top of each bowl along with the almonds and seeds.
8. Drizzle your dressing on top of each bowl.
9. Slice lemon, add a wedge to each salad so you can Squeeze fresh juice if desired.
10. Drizzle with balsamic vinegar, if desired.
11. Salt/pepper to taste.

RECIPE NOTES

You can use other vegan green goddess dressing if desired but my [Vegan Homemade Green Goddess Dressing](#) is quick to make. Just need oil, coconut milk, garlic, green onion, tahini or avocado, salt/pepper, and parsley.

I used [Sun-Maid California Mission Figs](#). They are available at most super markets and are DELISH!

BASIL AND MINT YELLOW SQUASH SPIRALIZED SALAD {PALEO, VEGAN}

Prep Time 10 min Cook Time 1 min Total Time 0:11

Serves 2

INGREDIENTS

- 2 -3 yellow summer squash (spiral slicer/spiralizer) - Can also cut julienned
- 1 large celery stalk, thinly sliced
- 1 tablespoon finely chopped fresh basil
- 2 teaspoons extra-virgin olive oil (I used avocado oil)
- 2 teaspoons freshly squeezed lemon juice
- 1 teaspoon finely chopped fresh mint
- 1/2 teaspoon freshly grated lemon zest
- 1/4 teaspoon ground cumin (I used an adobe sea/salt blend)
- (Optional) Pinch crushed red pepper flakes
- Sea salt and freshly ground black pepper, to taste

INSTRUCTIONS

1. In a large bowl, combine all the ingredients, toss to coat, and serve.
2. Garnish with basil or mint leaves and extra crushed pepper if desired.

RECIPE NOTES

This would also work well with zucchini or cucumber! [br](#)
[Recipe from \[Amy's](#) new Eat Clean Cookbook with a few of my adaptations.

<http://thehealthyapple.com/books/eating-clean/>

Calories: 185

EASY CROCK POT PARSNIP HAM CHOWDER {PALEO}

Prep Time 10 min Cook Time 3 hr Total Time 3:10

Serves 4-5

A Ham chowder soup with parsnips and sweet potatoes! This crock pot paleo ham chowder is wonderful way to use up your leftover Holiday ham!

INGREDIENTS

- 4 parsnips, sliced. Tops cut off
- 1 large sweet potato (peeled, sliced)
- 1 cup chopped onion
- 1 tbsp olive oil
- 4 garlic cloves or 1 to 1.5 tsp minced
- 4 basil leaves (stems removed)
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 1/2 cups to 2 cups chicken broth (the less broth the thicker)
- 8 ounces diced smoked or honey ham (for Whole 30 omit honey. Leftover holiday ham works great)
- 10 ounces almond milk or coconut milk
- 2 tbsp potato starch or tapioca starch for thickening
- 2 tbsp coconut aminos or gluten free soy sauce/tamari (if whole 30 or paleo, use a coconut aminos)
- extra salt and pepper to taste
- Extra herbs, olive, oil, coconut cream, and optional parmesan for topping/garnish.

INSTRUCTIONS

1. Make sure your veggies (parsnips, potato, and onion) are peeled and sliced or chopped.
2. Place veggies in crock pot with broth, basil, garlic, olive oil, 1 tsp salt, and 1/2 tsp pepper.
3. Cover and place on high for 2 hours or until vegetables are tender.
4. next add your almond or coconut milk.
5. Blend with hand blender until all is pureed and creamy.
6. Add in the rest of your ingredients. Diced leftover Ham, potato starch, tamari/soy sauce, extra salt/pepper to taste, and any other seasoning of choice.
7. Mix again.
8. Place on low for another hour.
9. When creamy and fragrant, it's ready to serve.
10. Serve into bowls and drizzle a little olive oil, cream/milk, pepper, herbs, and optional parmesan over each bowl.
11. Enjoy!

RECIPE NOTES

If you are not paleo, feel free to use real cream or half and half. This soup will freeze well.

Any leftover ham will work well with this soup, but I think smoked or maple ham is delish if you don't have parsnips, carrots or cauliflower will work but will cook faster.

[CREAMY VEGAN CAULIFLOWER SOUP](#)

[LOW CARB CHICKEN SOUP](#)

[CHICKEN AND KALE SOUP](#)

HEALING RECIPES – SNACKS AND SWEETS IDEAS

GRAIN FREE NAAN BREAD

Prep Time 15 min Cook Time 10 min Total Time 0:25

Serves 4

INGREDIENTS

- Ingredients
- 1 1/4 cup cassava flour (see notes below for other flour options)
- 1 teaspoon baking soda
- 1- 2 tablespoon avocado or olive oil
- 1/3 cup plain yogurt or vegan friendly coconut yogurt
- 1/2 cup water (Add a little a time until you get dough like batter)
- dash of salt
- 1/2 tsp black pepper or chili pepper
- 1 tbsp balsamic vinegar (optional)
- garlic and herbs to taste.

INSTRUCTIONS

1. Directions
2. In a bowl, sift the flour and add baking soda plus salt. mix well! then slowly add in your water, 1 tbsp oil, and yogurt a little at a time until you get a dough like mixture. You could need more or less water depending on the brand of cassava flour you use.
3. Roll the dough into 4 logs or about 4 medium size balls (a little smaller than a baseball) Then roll each one out with wax paper in between until you form an oval shape.
4. I made mine a little thicker but you can make thinner if you want You don't want to crack the dough when rolling through

5. And make sure the other balls are covered when you are doing this so they don't dry out.
6. Shape the corners so they are nice and round.
7. Place each flattened dough on skillet or griddle one at a time on medium high heat. cover with lid and wait 1 minutes or so.
8. If you are using real flour, it should take less time.
9. Drizzle more 1 tbsp oil/vinegar on top and flip to other side. Cover and cook one minute or until they start to puff or brown. The thicker your dough, the longer it takes to rise or bubble/cook.
10. Remove and repeat for the next.
11. Once all cooked, sprinkle with garlic or herbs, balsamic vinegar, and oil/ghee if desired.
12. Serve with hummus or yogurt sauce

RECIPE NOTES

if you don't have cassava flour you can use whole wheat or white flour but I would let it sit after you make into a dough for about 10 minutes covered.

HOW TO MAKE HOMEMADE SNAP PEA CHIPS {OVEN OR DEHYDRATOR}

Prep Time 10 min Cook Time 6 hr Total Time 6:10

Serves 4

Easy and healthy. How to make Snap Pea Chips! Oven baked or dehydrated!

INGREDIENTS

- 3-4 cups Fresh or Frozen snap peas
- 1/2 tsp sea salt
- 1/2 tsp onion or garlic powder
- Optional 3-4 tbsp nutritional yeast (vegan option for "cheesy" taste)
- 2 -3 tsp oil

INSTRUCTIONS

1. Lay your snap peas on a paper towel or parchment paper. Blot off any extra water.
2. Lightly drizzle with oil then Season with sea salt, onion powder, and nutritional yeast. Toss to coat the snap peas then place flat Dehydrate in dehydrator at 135-140F for 8hrs or so. (Oven dried option below)
3. Let them sit another hour at room temp before packaging. If you are using fresh vs frozen snap peas, the dehydrating time will be faster, so check around 6 hrs.

OVEN DRIED OPTION

1. place seasoned snap peas on baking sheet. Set your temp at 170F and Place tray of snap peas in center rack. Prop the oven door open about 1 inch. You can use a piece of foil that's bunched up to do that.
2. The cooking time will be shorter, so check around 4 hrs.

3. Season more once dried if desired. The oven dried chips will be crispy for a day but then lose crispiness after a few days if not dried long enough to begin with.
4. For QUICK BAKING instructions (quicker) See Notes

RECIPE NOTES

For baked version, just bake 350F 15-20 min. Best to Flip them over after 10-15 minutes.

The oven dried will turn out a darker/yellow green in color versus when dried in a dehydrator. They will keep more green hue if dried in dehydrator. Just note that.

[SALTED CARAMEL DATE SHAKES](#)

[COCONUT BUTTER DIPPED STRAWBERRIES](#)

NOURISHING HEALING DRINKS

COLD BUSTING BLOOD ORANGE TURMERIC TEA LATTE {VEGAN AND PALEO FRIENDLY}

Prep Time 5 min Cook Time 5 min Total Time 0:10

Serves 3 cups 6 oz

Boost your health with a cold busting blood orange turmeric tea latte! This Vegan "Golden Milk" latte is loaded with extra Vitamin C, rich in minerals, and anti-inflammatory properties.

INGREDIENTS

- 2 herbal tea bags (like ginger tea, orange hibiscus, or herbal tea of choice).
- 6 oz almond milk, other dairy free milk, or water.
- 10-12 ounces almond milk or coconut milk
- 1 tsp ground ginger
- 1 tsp ground turmeric root (see notes for brand_
- 1/2 tsp cinnamon (divided)
- 1 tsp whole cloves or 1/4 tsp ground cloves
- 1/4 cup maple syrup or raw honey (use maple syrup vegan)
- 1 juiced orange or blood orange
- pinch of cinnamon for topping (optional)
- optional vanilla extract
- extra froth
- orange peel to garnish (optional)

INSTRUCTIONS

1. Steep your tea bags in 6 oz of dairy free milk or water. You want the tea extra concentrated.

2. Next place 10-12 ounces of coconut or almond milk in small pot. Add your ginger, nutmeg, turmeric, cinnamon, orange juice, and maple syrup. Whisk together.
3. Bring to a soft boil, then reduce and simmer for 5 minutes to extract the spices. And until maple syrup is dissolved. Add vanilla extract here if you want. About 1/2 tsp. Mix again.
4. Strain the nutmeg if you are using whole.
5. Pour 2 - 3 ounces of the brewed concentrated tea you into a cup.
6. Whisk your golden milk (the mix in the pot) again so create a frothy textures. You can also just use a frother.
7. Pour 1/2 cup or so over your tea cup to create a latte.
8. Garnish with extra cinnamon and orange peel if desired.
9. Repeat for 3 cups.

RECIPE NOTES

I use this [Turmeric Root](#) from Simple Organic.

THE EASIEST INSTANT POT CHICKEN BROTH