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MONICA SPOELSTRA METZ
Nutrition + Lifestyle

EASY-ON-THE-GREEN SMOOTHIE

Serves 2. This is a great option for green smoothie rookies — it's packed with nutrients without tasting overly "healthy," if you know what I mean.

INGREDIENTS

- 2 cups unsweetened almond milk
- 6 leaves of romaine lettuce, chopped
- 2 leaves of kale, stems removed
- 6 tablespoons of hemp seed or a scoop of your favorite rice or pea protein powder
- 2 tablespoons almond butter
- ½ pear, chopped
- 2 bananas, ideally in chunks and frozen
- *Optional* — 1 medjool date, softened in water for 5-10 minutes. Remember to remove the pit!
- *Optional* — ½ cup of ice, if you like things frosty

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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NACHO CHEESE KALE CHIPS

These go fast — maybe even in one sitting. But don't fret — it's *kale!* This recipe is adapted from a recipe the vegan triathlete Brendan Brazier once posted on onegreenplanet.org.

INGREDIENTS

- ½ cup cashews, soaked for several hours (or overnight) in filtered water
- ½ cup of filtered water
- 1 tablespoon onion powder
- ¼ teaspoon garlic powder
- 1 ½ tablespoons apple cider vinegar
- 2 tablespoons nutritional yeast (the vegan secret behind cheesy flavor; it's readily available at Whole Foods and health food stores)
- 2 tablespoons hemp seed (for extra protein and essential fatty acids; also easily found at Whole Foods and similar stores)
- ½ – 1 teaspoon of chili powder
- ¼ teaspoon sea salt
- 2 tablespoons fresh Italian parsley, minced
- 1 large bunch of kale (I find that the curly kind holds the “batter” best)

INSTRUCTIONS

Drain the cashews and put into a blender with the water, onion powder, garlic powder, vinegar, nutritional yeast, hemp seed, chili powder, salt, and parsley.

Process until smooth, stopping the machine and scraping down the sides if necessary. Set aside.

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Rinse the kale and strip the leaves from the stems (you can save the stems for your juicer, or chop and add to a veggie sauté). Tear the leaves into large pieces and run through a salad spinner. After that, dry the leaves with a paper towel or clean kitchen towel. Place the leaves into a large bowl.

Pour the blended cashew mixture on top of the kale. You might have to use a small spatula or spoon to get all of the creamy goodness out of the blender. Using clean hands, massage the mixture into the kale for a minute or so to evenly coat the leaves.

Heat the oven to 250°F. Line two baking sheets with parchment paper or Silpat sheets, then spread the kale chips over the sheets, as evenly and flatly as possible, to ensure even cooking time.

Bake between 1 ½ – 2 hours (time varies according to the dryness of the kale). Halfway through, gently flip the kale pieces over.

Bake until the kale chips are dry and crispy to your preference. Watch the kale carefully towards the end of the cooking process, and remove any prematurely crispy chips from the batch if needed.



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MASSAGED KALE SALAD

Serves 4 as a starter, 2 as a main. A kale salad is an excellent brown-bag option — there's no need to pack a separate container for dressing, or worry about wilted greens, because the kale is marinated in the dressing ahead of time. I usually use the kale salad as my “base” for a salad bowl, and add leftover steamed, fresh, or grilled vegetables, as well as some baby greens on top. Massaging the avocado into the kale helps soften and break down the kale, which improves the flavor while assisting digestion.

INGREDIENTS

- 1 head of kale: Lacinato or curly kale both work
- 1 cup of finely shredded red cabbage
- 1 cup shredded or grated carrot
- 1 ripe avocado
- juice from 1 lemon
- 1 teaspoon maple syrup or raw honey
- 1 teaspoon extra virgin olive oil
- 1 cup cherry or grape tomatoes, halved
- 1-2 tablespoons of dulse flakes (a dried sea vegetable found in the Asian section) — amazing source of natural iodine, plus it lends a nice savory flavor
- Optional: 1 cup diced fresh mango or ¼ cup raisins

INSTRUCTIONS

To prepare the kale, strip the leaves from the stems. You can either save the kale stems for juicing later, or compost. Using your hands, tear the kale into small, bite-sized pieces.

Place the kale, cabbage and carrot in a mixing bowl and distribute evenly. Add the avocado, lemon juice, maple syrup

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and olive oil. Use your hands to massage the ingredients into the kale and other vegetables.

The kale will “wilt” and reduce in size while taking on the flavor of the avocado “dressing.”

Add the tomatoes and mango (or raisins, if using). Garnish with dulse flakes, and serve.