

Dr. Kathleen A. Hartford

*Author of Fit Fun and Fabulous, Radio Host, International Speaker,
Licensed Wellness Practitioner, CEO Health Pyramid, Founder Sister Support*

Fit, Fun & Fabulous: Healthy Meals Your Body Will Love

Sample Recipes

Apple Pie Pre-workout Smoothie

½ cup cold, cooked oatmeal
½ apple cut into large chunks
½ teaspoon cinnamon
1 scoop of vanilla protein powder
1–2 packets of stevia, depending on sweetness desired
2/3 cup cold water

Add all the ingredients to the blender in this order: apple chunks, oatmeal, protein powder, cinnamon and stevia. Pour the water in last. Blend until smooth.

High Protein Pancakes

1½ scoops protein powder
¼ cup egg whites
¼ cup quick cooking oats
Pinch of salt
¼ teaspoon cinnamon
1 cup frozen berries, if fresh not available

Heat fruit to make syrup replacement in the microwave. Set aside. Mix first 5 ingredients; will be very thick and pasty. Heat medium sauté pan over medium heat, spray with cooking spray; when hot, form 2 pancakes. Spread batter quickly to thin. Serve hot with warm fruit.

Couscous Salad

1 box couscous
1 box cherry tomatoes, sliced in half
2 cucumbers, chopped
Walnuts
Raisins

Cook box of couscous according to directions. Let cool. Chop cucumbers, tomatoes, walnuts and raisins (handful of each). Mix chopped ingredients with cooled couscous. Cover with strawberry or berry vinaigrette.

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Moroccan Vegetable Tangaine

2 tablespoons olive oil
1 medium onion
3 medium carrots, peeled, cut into 1-inch chunks
2 small turnips, peeled, quartered
1 pound small red potatoes, peeled, cut in half
1 cup vegetable stock
½ cup parsley
¼ cup cilantro
1 tablespoon lemon juice
1 teaspoon paprika
Grated zest of ½ lemon
1 cup green olives, pitted, drained, rinsed
½ teaspoon salt
½ teaspoon pepper

In Dutch oven, heat oil over medium heat. Add onion and cook, stirring occasionally, until golden, 4 to 5 minutes. Add carrots, turnips potatoes and broth. Cover and continue cooking, stirring occasionally, until turnips are fairly tender, 15 to 20 minutes.

In blender or food processor, combine parsley, cilantro, lemon juice, paprika, and 1/3 cup water. Process until fairly smooth.

Add herb mixture to vegetables on stove. Add lemon zest and olives. Reduce heat to simmer. Cover and cook, stirring occasionally, until vegetables are tender, 15 to 20 minutes. Season with salt and pepper to taste.

Mexican Chocolate Tofu Pudding

¼ cup stevia to taste
1 pound silken tofu
8 ounces high-quality bittersweet or semisweet chocolate, melted
1 teaspoon vanilla extract
1½ teaspoons ground cinnamon
½ teaspoon chili powder, or more to taste
Chocolate shavings (optional)

In small pot, combine sugar with ¾ cup water; bring to boil; cook until stevia is dissolved, stirring occasionally. Cool slightly.

Put all ingredients except for chocolate shavings in blender; purée until completely smooth, stopping machine to scrape down sides if necessary. Divide among 4 to 6 ramekins; chill for at least 30 minutes. Garnish with chocolate shavings before serving.