

## **QUINOA SALAD WITH GINGER & GARLIC INFUSED VINAIGRETTE**

**A cup of cooked quinoa gives more than 10 percent each of your daily recommended copper, riboflavin, zinc, thiamin, iron, protein and folate along with 21 percent of your fiber, 28 percent of your phosphorus, 30 percent of your magnesium and 58 percent of your manganese! Wow, now thats worth eating.**

### **COOK, COOL & TOSS**

RINSE Quinoa Seed in cold water with a meshed strainer - Rinse well as the coating is not only bitter, it is not good for you.

COOK 2 cups Quinoa (Cooked in 3.5 cups of water)

WITH 1 tbsp chicken or vegetable bullion

cook for @ 10 min. (7-9 no salt or bullion - 10-12 with salt or bullion)

Leave covered for 5 minutes. fluff

When Quinoa is cooked and cooled, add a handful of chopped cilantro

1 apple - chopped in small pieces

1/2 cup walnuts, chopped

bunch basil - chopped (roll like a cigar and slice thin)

4 oz feta cheese - or small package (or more if you like feta!)

1 basket cherry tomatoes (red or yellow) washed, chopped in half

3 scallions- chopped

1 bag of Cookin'Greens- OR 1 cup of chopped and slightly sautéed Kale and 1/2 cup of diced red pepper

Add to quinoa mixture

### **VINAIGRETTE**

2 limes (or lemons) juiced

1/3 cup olive oil

1/3 cup of flaxseed oil (Alligga is my favorite, but any superior brand will be fine as you aren't cooking with it and you don't have to worry about flax oil and high temp)

2-3 cloves chopped or pressed garlic

1 Tbsp ground ginger

Toss the vinaigrette with your salad and serve! A nice twist on this recipe is to toss all ingredients when the quinoa is warm and serve as a side dish. Refrigerate left overs as a lunch salad the next day. Enjoy!

## **Quinoa Maca & Goji Berry Choco Chip POWER Cookies**

Created by Tammy-Lynn McNabb  
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BAKE 350 FOR NO MORE THAN 7-9 MIN. THIS FLOUR BURNS EASY.

All of the health benefits of Flax oil, Quinoa Flour, Goji and Maca. This is a great cookie for women with the health benefits of Alligga Flaxseed oil - Omega 3 and 6 help protect against inflammation, immune disorders, arthritis, heart disease and constipation. A diet rich in flax will help lower bad cholesterol and increase food (HDL) cholesterol. Quinoa is a great source of protein and used in GF diets. Quinoa and Goji Berries are a super foods with Goji helping with hypertension, packed with Vitamin C and more beta-carotene than carrots. Maca is an energy booster used by Peruvian Warriors before battle! It's been know to balance hormones, reduces stress, lowers blood pressure and is helpful in symptoms of peri-menopause and menopause. Not to mention dates and coconut oil and all the other wonderful ingredients this cookie holds. This will make around 36 to 48 cookies. We cook them all and freeze a portion in the freezer. Great pre-workout cookie. Great for kids pre and post sports event. Enjoy and don't feel too guilty about the sugar! And I couldn't imagine a better cookie to give to your lovely, and hormonal, teenage daughter or son!

1 cup of sunflower seed butter or another nut butter - crunch  
1 cup of organic dark brown sugar  
1 tbsp of vanilla

MIX AND SET ASIDE

In a separate bowl or mixer add:

1/4 cup of goji berries and 7-9 dates

2 eggs

1/3 cup of Alligga Flaxseed oil

1/3 cup of coconut oil melted and cooled

BLEND QUICKLY - do not over mix, you just want to break down the dates and slightly break down the goji

MIX WET WITH NUT BUTTER AND SUGAR MIXTURE

Add the following on top of the wet mixture and only mix when all ingredients have been added:

1 cup of quinoa flower

2/3 cup flour

1/4 cup of dried cranberries or raisins

2/3 rolled oats or Roger's Porridge Oats (Oats, oat bran, wheat bran and flax mix)

1/4 cup shredded coconut

1 tsp sea salt

1 cup of dark chocolate chips

1/4 cup maca root powder- Organic

Mix all ingredients until your dough is blended. Will be somewhat stiff. Scoop tablespoon sizes of dough and press down with a fork

Bake on a greased or paper lined cookie sheet.

Cool and enjoy!