



*5-MINUTE  
RECIPES*

# *5-MINUTE RECIPE IDEAS*

*“Cooking is both simpler and more necessary than we imagine.”*

*— Tamar Adler*

First thing's first. Cooking is essential. Yet cooking need not be done with stove, oven, or lots of dishes, bells, or whistles. "Cooking" just means to thoughtfully assemble something to enjoy when your hunger needs to be attended to.

Yes we are busy, but still, we must eat well. Our body will remember we didn't forget her. That we love her enough to give her what she needs. These recipes will make it easy to do so.

## *THE HEROES*

### **Smoothies**

Protein or fruit, nut milk or water, veggies or not, these are the quickest of the bunch and can be whipped up in under 5 minutes. Choose a protein powder you like or add nut butter or chia seeds to the mix to have it satiate your hunger for the longer term.

### **Salad Bar Bounty**

Get a head of romaine each week as well as a head of kale. Wash and spin them in a salad spinner and store this in your fridge. On Sundays chop up some beautiful things like carrots and cucumbers, jicama, or celery. Store them in beautiful glass jars in the fridge. When the time is right and time is short, grab handfuls of greens and shake out some tasty colorful things on top. Give a sprinkle of lemon and or vinegar, some oil and herbs if you like.

### **Cooked Grains**

Buy a rice cooker or an insta pot or a Vita Clay (my fav). These have a timer. That means you can put in some grains the night before and they'll be ready the next morning, or add something to the pot and press cook prior to lunch. Cooked grains go on salads, and salads go on grains. Steamed veggies with a grain is a proper meal. Stir-fry some veggies, onion, and egg in oil. Add the cooked grain and tamari and you are well on your way to a fried rice dish you'll love.

### **Steamed Veggies**

Food need not be fancy to be wonderful and kind to our bodies. Anything can be steamed – leaf or root, stem, or stalk. Chop veggies and put them in a pan, add a little water, cover and cook. Enjoy with grains or on their own with a protein like an egg, some tofu, or a sauce made from nuts or seeds like tahini or almond butter.

### **Roasted Veggies**

Chop veggies and spread on a pan with olive or coconut oil, salt and pepper. Bake at 400F for about 30 minutes. Do this on a Sunday when things are lazy and a warm, scent-filled house is welcome. During the week enjoy these little caramelized gems or blend with broth in a blender for a minute, heat and serve. A perfect lunch or dinner with a salad and/or a gluten free wrap with some ghee or Earth Balance on top.

## *ADDITIONAL RECIPES*

The above is all you need to eat well every day in 5 minutes (or so), but why not get a little fancier shall we? The recipes below will add a proper boost of flavor to the above or can be an enjoyable little affair all on their own.

# *BREAKFAST*

## *GO-TO GREEN SMOOTHIE*

### **Ingredients**

1 cup water  
2 cups loose spinach (raw)  
1 small head romaine lettuce  
2 stalks of organic celery  
1 small-to-medium banana  
1 small apple (or pear)  
juice of 1/2 a lemon

### **Directions**

Roughly chop the romaine and celery and place it in a high-speed blender with the spinach and water. Blend on high until smooth. Add chopped apple, banana, and lemon. Blend again until smooth. Pour into a big glass or Mason jar and you are ready to go!

Video at: <http://krissyruddy.com/easy-green-smoothie/>

## *PROTEIN POWER SMOOTHIE*

### **Ingredients**

Frozen fruit of your choice (bananas, strawberries, blueberries, etc)  
1 scoop vegan protein powder  
1.5-2 cups non-dairy milk like almond or coconut or soy  
small handful ice  
Optional additions: flax oil, chia seeds, nuts or seeds, cacao nibs, unsweetened organic coconut

### **Directions**

Blend all ingredients together in a high-speed blender.

## *CREAMY, DREAMY GREEN GOODNESS*

### **Ingredients**

1 frozen banana  
1 handful spinach  
1 cup homemade almond milk

### **Directions**

Blend and enjoy. Thanks to Tara Stiles for sharing this recipe with me!

## *ANTI-INFLAMMATORY SMOOTHIE*

### **Ingredients**

1 frozen banana  
1 inch grated ginger  
1/2 tsp cinnamon  
1/2 tsp turmeric  
1 cup coconut milk ("lite" version or organic canned coconut milk for a rich dessert-like smoothie)  
1/2 cup almond milk  
1/2 cup fresh spinach  
1/4 cup frozen mango  
2 tsp flax oil (more if you like)

### **Directions**

Blend all ingredients together in a high-speed blender.



# *AVOCADO TOAST*

## **Ingredients**

2 pieces gluten free toast (I like Udis Chia and Millet)

½ avocado (or more if you like)

1 small tomato

Salt and pepper

Optional: 1 small clove of garlic, red onion, lime, honey, cilantro, liquid smoke, red chili flakes.

## **Directions**

Toast bread. Meanwhile dice avocado and tomato, and mix in a bowl with any other optional ingredients. When bread is toasted, rub with garlic clove cut in half. Discard garlic or dice and mix with the other ingredients. Top toast with all the goodies. If in a rush just toast, scoop avo onto toast and top with salt, pepper, and chili flakes.

# *EGGS AND GREENS*

## **Ingredients**

2 eggs

kale, spinach, chard, or collards

1 clove garlic

drizzle of olive oil

Optional toppings: tamari and sesame seeds (Asian flavor), tomato and herbs (Italian), black beans and salsa (Mexican flavor).

## **Directions**

Heat oil on medium high. Fry eggs (I like to remove one egg yolk because I don't like the taste, you can use egg whites or whole eggs here). Add in garlic and greens and optional ingredients and cook until greens are bright green and everything is warm. Optional: top with a sprinkle of Parmesan, goat cheese or cheddar.

*LUNCH OR DINNER*

# CHICK PEA OF THE SEA

*Creamy and salty like tuna but vegan and DELICIOUS. Make it in a food processor or mini food processor and keep it in the fridge for the next day's lunch. Makes about 2 to 3 sandwiches or lettuce boats Adapted from The Kripalu Cookbook.*

## Ingredients

- 1 (15.5-ounce) can chickpeas, drained and rinsed
- 1 tablespoon vegan mayonnaise (I used "Just Mayo" – you can use up to 2 tablespoons if you like it really creamy)
- 1 tablespoon whole grain mustard  
or Dijon or some of both (I like that best)
- 1 tablespoon ume plum vinegar  
(available at most health food stores or Asian markets)
- 2 teaspoons celery seeds
- 2 small stalks chopped celery
- Freshly ground black pepper
- Romaine leaves or bread
- Optional: tomatoes, pickles, cukes, whatever your heart pleases.

(\*Note from Krissy: Feel free to eyeball the ingredients in this simple recipe and tweak it until you find the perfect combo of salty and creamy for your taste.)

## Directions

Place all ingredients (except lettuce or bread and "optional" ingredients) in food processor and pulse a few times to incorporate (you'll want to leave it a little chunky and not turn it into hummus!) Use as a sandwich filling or make lettuce boats for a gluten-free, light and energizing alternative!

## *RAW TACO BOAT*

*This taco meat can top a salad, be used in a lettuce boat, or wrapped in a collard green with some salsa. Very filling and flavorful!*

### **Ingredients**

1 cup raw walnuts  
1 Tbsp. gluten free tamari  
1/8 tsp. ground chipotle pepper (or more if you like it spicy!)  
1 tsp. ground cumin  
1 tsp. extra virgin olive oil

### **Directions**

Put all ingredients in a food processor and pulse just to mix. Don't over-blend, or you will end up with walnut butter!

## *SUPER SIMPLE SPRING ROLLS*

*Fresh, easy, and delish with the peanut sauce in the "dips and dressings" section!*

### **Ingredients**

2 rice paper spring roll wraps (get these at the Asian market for super cheap)  
Thinly sliced veggies of whatever is in the fridge: carrot, red pepper, lettuce, red cabbage, etc  
Optional: rice noodles or kelp noodles (rinsed), fresh basil, cilantro or mint, sesame seeds

### **Directions**

Run one wrap at a time under warm water. When starting to just get soft place on cutting board or plate and put veggies and fixings in the center. Fold in the left and right side of the wrap, then roll from bottom to top to make a roll. Eat plain or make the peanut dressing to dip it in. If in a rush I just spread a little peanut butter or almond butter on the inside of the wrap under the veggies and sprinkle with tamari. Great flavor in no time at all!

# *THE BEST SOUP EVER*

*The oven does all the work! Roast your veggies in a big batch on Sunday or while going about your life. Then add in broth or coconut lite milk for a bisque!*

## **Ingredients**

1 large butternut squash

1 large white onion

4 cloves garlic

6 cups veggie broth (more or less depending on consistency you prefer)

2 tablespoons ghee or coconut oil, melted (or you can use olive oil in a pinch)

scant teaspoon salt

1 Tablespoon maple syrup

1/2 teaspoon pepper

additional salt and pepper to taste

## **Directions**

Preheat oven to 400F. Peel and chop up the butternut, onion, and garlic. Mix with remaining ingredients until evenly coated. Spread on 1-2 baking pans so that the squash is in a single layer (this way it will caramelize more ;)). Cook for about 30 minutes, then give it a toss with a spatula and pop it back in the oven for another 15-20 until the edges of things start to turn brown. Pour 1/2 the veggie broth into a blender and add the hot veggies bit by bit until well combined. Add more broth (or coconut lie milk!) as desired for taste and consistency. Serve with a garnish of cozy fall things like toasted, spiced seeds, cranberries, walnuts, sprigs of summers last herbs, or fresh goat cheese. Makes 2-4 servings.

Video at: <http://bit.ly/1nsqSHD>

## *DIPS, DRESSINGS, AND SPREADS*

*These add the perfect zing to a bowl of greens and grains, salads, or veggies. Elevate your simple meal by making a batch of one of these and enjoy it throughout the week.*

## *RIDICULOUS RED PEPPER DIP*

### **Ingredients**

2 cups diced red peppers  
1/2 cup raw walnuts (soaked in warm water for 15 minutes)  
1 small-to-medium clove of garlic, minced  
1 Tablespoon nutritional yeast  
1/4 teaspoon rock salt (or regular salt)  
1/2 tablespoon lemon  
1 drop liquid stevia  
1/4 tsp cumin  
pinch cayenne pepper

### **Directions**

Place all ingredients in a high-speed blender and blend on high until smooth.

## *LEMON TAHINI DRESSING*

*Perfect as a salad dressing or a sauce poured over greens!*

### **Ingredients**

1 wedge of lemon  
1 garlic clove, diced  
1/3 cup tahini  
1-2 tablespoons olive oil  
salt and pepper  
¼ cup water (more or less depending on how thick and rich you want it)  
Optional: add a pinch of red pepper flakes if you like it spicy

### **Directions**

Blend in a blender until well combined and creamy.

# *GODDESS DRESSING*

*Creamy tangy. Perfect on salad or greens!*

## **Ingredients**

2 cloves garlic

1 tablespoon tamari

3 tablespoons raw apple cider vinegar

1/4 teaspoon high-quality sea salt

1/2 cup water

2 tablespoons nutritional yeast

1/3 cup tahini (raw if possible)

2 tablespoons almond butter (raw if possible)

## **Directions**

Put all the ingredients, except for the tahini and almond butter, in a blender or hand stick blender and blend until smooth. Add the tahini and almond butter and blend again until the dressing is thoroughly combined.



# THE PERFECT VINAIGRETTE

*The only salad dressing recipe you will ever need! Recipe Credit: Julia Moskin for the New York Times.*

## Ingredients

1 shallot, minced  
2 tablespoons white wine vinegar  
2 heaping teaspoons Dijon mustard  
¼ teaspoon salt  
½ teaspoon coarsely ground black pepper  
1 cup extra-virgin olive oil, more to taste

## Directions

In a container with a tight lid, preferably a glass jar, combine shallot, vinegar and mustard. Close tightly and shake well to mix. Add salt and pepper, and shake again.

Add olive oil 1/3 cup at a time, shaking very well after each addition, until smooth and emulsified (you may want to wrap a kitchen towel around the container, just in case). Taste and add more olive oil, 1/4 cup at a time, if dressing is too tart.

Use immediately or refrigerate up to 3 weeks. The chilled olive oil will form a lump, so remove from refrigerator 30 minutes before using to allow it to liquefy. Shake well before serving to re-emulsify.

Additional twists: Just before serving, pour out the amount you need, then add anchovy paste, garlic and lemon zest to make a Caesar dressing. Or whisk in feta cheese, lemon juice and fresh oregano for a Greek salad. Or blend in some honey to make the flavor more appealing to children. Or thin it with crème fraîche and minced chives to make a French-accented creamy dressing.

# OMEGA-3 SALAD STAR

*Makes 2 Servings of Dressing*

## **Ingredients**

- 2 tablespoons extra virgin olive oil
- 4 tablespoons flax oil
- 1 tablespoons raw apple cider vinegar
- 1 1/2 tablespoons lemon juice (juice from half large lemon)
- 1 tsp Dijon mustard
- 1/2 tsp honey
- 1/2 teaspoon rock salt or Celtic Salt

## **Optional Additions**

- 1/2 tsp minced shallot (for depth of flavor)
- 1/4 cup fresh basil (for aromatics)
- 2 Tablespoons water (to thin out)

## **Directions**

Blend in blender until well combined. Double the recipe if that works better for your blender.

# PEANUT DRESSING

*Add to noodles or grains with some steamed veggies for an Asian-style dish or use as a dip for spring rolls!*

## **Ingredients**

- 1/4 cup peanut butter
- 1 tablespoon raw apple cider vinegar
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon or lime juice
- 1 tablespoon tamari, soy sauce, or coconut aminos
- 3 tablespoons honey
- 2 garlic cloves, minced
- 1-inch knob of fresh ginger, peeled and diced
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup water, or more for a thinner consistency

## **Directions**

Combine all of the ingredients in a high-speed blender, and blend until completely smooth. Add more water, if a thinner consistency is desired.

## *SECRET SALSA*

*I discovered this salsa idea when Ryan and I were craving quesadillas with salsa but all I had was canned tomatoes. This is SO simple and SO quick, and people LOVE it. Shhhh... don't tell anyone how simple it is or how it's made with less than \$3 worth of ingredients! I purposefully don't measure the ingredients because really you want to just wing it. You can't really mess it up. Makes approximately 4 cups of salsa.*

### **Ingredients**

- 1 24 oz can organic Muir Glen diced tomatoes
- ¼-1/2 a small white onion (depending on your taste)
- 1 clove of garlic, minced (more if you like)
- 1-2 teaspoons maple syrup (to taste)
- A drizzle of olive oil
- Salt and pepper
- Optional: chopped cilantro

### **Directions**

Place all ingredients in a bowl and mix. Let sit for about 5 minutes for the flavors to meld before serving.

*DESSERTS AND OTHER SWEET THINGS*

## TWO-INGREDIENT ICE CREAM

*Oh Ben and Jerry, you have no hold on me anymore! This recipe cured me. This is the perfect way to satisfy an ice cream hankering without any of the cravings-causing, crazy-making boatloads of sugar that are in most store bought ice cream (even the organic ones!). Have fun with the toppings! Makes 1 serving.*

### Ingredients

1 and a half frozen bananas

4 Tablespoons homemade almond milk (or other non-dairy milk)

1 teaspoon vanilla extract (optional)

### Directions

Blend all ingredients in a food processor adding more non-dairy milk until desired consistency is reached. This is a very loose recipe so feel free to improvise based on you desired tastes and ideal consistency.

Video at: <http://bit.ly/1KONY3k>

## CARAMELIZED BANANAS

*So decadent! So simple!*

### Ingredients

1 banana, sliced into about 1/4 inch rounds

1/2 teaspoon ghee

cinnamon

rock salt

### Directions

Melt the ghee in a frying pan, when it gets hot (before it browns) add bananas. Flip when browning, sprinkle with cinnamon, then serve with a sprinkle of salt.