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MIRACLE MEALS

A PERSONAL NOTE FROM MEG, ROOTS NUTRITARIAN

I simply wish for everyone in the whole wide world to eat more fruits and veggies, and integrate meal time as a ritual, like yoga.

Yoga has transformed the way I look at life, my body, my "self," my food. An integral part in my healing from my eating disorder, daily practice of asana (postures) has helped me to redevelop a connection with my temple, and learn to love my radiant self, as I am. The thrice daily practice of eating has too become a lesson in loving kindness. The entire process of buying, preparing, plating and consuming, are all part of a greater art; the art of gratefulness.

yo-ga [yoh-guh]

Sanskrit: a yoking, union. Hindu system of philosophy aiming at the mystical union of the self with the Supreme Being in a state of complete awareness and tranquility through certain physical and mental exercises.

To me, one of the easiest ways to guarantee more fresh produce in the daily diet is by simply incorporating some "raw" into your life! It is as easy as going un-cooked for one or two meals per day. Or just replacing one cooked recipe with a raw one. Or choosing only to snack on raw food treats (like a ripe avocado, a bowl of berries, Raw 'Nanner Crème Pie, or a Hemp Heart Snack Ball) rather than packaged or processed snack food items. Get it? When you add in even just one living food dish a day, you can't help but better your health!

Organic whole food is the most nutritious and safest food you could possibly consume. This is food your body recognizes as food and can easily digest without expending an excessive amount of energy to do so. This is food in its natural state. This is healing food. This is wonder food.

The attached recipe planner has been curated especially for our guests to ensure healthy food experiences continue long after their visit to Rythmia and our restaurant, Roots.

Be Well,

Meg | Roots Nutritarian

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JUICES

There are many brands of juicers available these days.
I love my Champion for its ability to masticate
fruits and veggies, and Breville for a variety of reasons.

Hurom, Omega, and Angel are all great at-home options too!

GREEN JOLT JUICE

THIS IS A REAL ENERGIZER!



Ingredients:

2 green apples, cored
1 orange (peeled)
1 whole cucumber
1/4 lemon (peeled)
Big Handful of spinach or kale

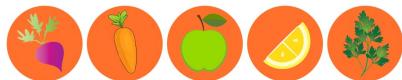


- 1 Add ingredients into running juicer in the order listed.
- 2 Consume straight away to enjoy optimal benefits.



BLOOD BUILDER JUICE

NOURISHES YOUR BODY ON A CELLULAR LEVEL VIA BETA-CAROTENE, ANTIOXIDANTS FOR HEALTHY SKIN, IRON SUPPORT, AND BLOOD CLEANSING.



Ingredients:

2 large beets
3 medium carrots
 $\frac{1}{2}$ green apple
juice of $\frac{1}{2}$ lemon
handful parsley



- 1 Add ingredients into running juicer in the order listed.
- 2 Consume straight away to enjoy optimal benefits.

SMOOTHIES



CHIA LUCUMA SMOOTHIE

SERVES 1-2



Ingredients:

1 Cup almond milk
1 Cup water
½ Cup coconut milk (or 3 frozen coconut milk cubes are even better)
½ very ripe banana
1 tsp. cinnamon
2 tsp. lucuma* powder
1 Tbsp. chia seeds
½ tsp. stevia or 1 tsp. agave
2-3 ice cubes

*Lucuma: this fruit powder is a natural low glycemic sweetener and also hosts a slew of health benefits - fiber, protein & potassium to list a few. It has a delicate caramel like flavor.



- 1 Add ingredients into blender jug in the order listed.
- 2 Blend on low for 10 seconds, and then increase speed to high.
- 3 Add in ice cubes and blend until broken down.
- 4 Consume straight away to enjoy optimal benefits.



SUGAR-FREE GREEN SMOOTHIE



Ingredients:

1 cup water
2 Tbsp. cashews
2 cups spinach
2 Tbsp. cacao powder
1 Tbsp. hemp seeds
Flesh of $\frac{1}{2}$ avocado
5 - 10 drops liquid vanilla stevia
1 cup ice

- 1 Add ingredients into blender jug in the order listed.
- 2 Blend on low for 10 seconds, and then increase speed to high.
- 3 Add in ice cubes and blend until broken down.
- 4 Consume straight away to enjoy optimal benefits.



BANANA PANCAKE SMOOTHIE

THICK, CREAMY, AND SATISFYING! THIS DRINK WILL FUEL YOU THROUGH THE MORNING.



Ingredients:

1 Cup almond or coconut milk
1½ frozen bananas
¼ Cup old-fashioned oats
1 tsp. vanilla extract
½ tsp. ground cinnamon
¼ tsp. ground nutmeg
1/8 tsp. salt
2-3 standard ice cubes

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- 1 Add ingredients into blender jug in the order listed.
- 2 Blend on low for 10 seconds, and then increase speed to high.
- 3 Add in ice cubes and blend until broken down.
- 4 Consume straight away to enjoy optimal benefits.

ANTI-BLOAT SMOOTHIE

THE CUCUMBER, GINGER AND HYDRATING COCONUT WILL HELP TAME TUMMY TROUBLES.



Ingredients:

½ Cup coconut water
1 frozen banana
1 large cucumber, sliced
1 inch piece of fresh ginger, peeled and sliced
2-3 standard ice cubes

Optional: 1 Tbsp. apple cider vinegar or 1 T fresh mint or both



- 1 Add ingredients into blender jug in the order listed.
- 2 Blend on low for 10 seconds, and then increase speed to high.
- 3 Add in ice cubes and blend until broken down.
- 4 Consume straight away to enjoy optimal benefits.

CARROT CAKE SMOOTHIE



Ingredients:

1 frozen banana
1 cup carrots, peeled and chopped
1 cup full fat coconut milk
2 tsp. raw honey
¼ tsp. ground cinnamon
pinch of ground ginger
pinch of ground nutmeg
2-3 ice cubes



- 1 Add ingredients into blender jug in the order listed.
- 2 Blend on low for 10 seconds, and then increase speed to high.
- 3 Add in ice cubes and blend until broken down.
- 4 Consume straight away to enjoy optimal benefits.



APPETIZERS

SUNSEED PATE

MAKES 12-36 BITES



Ingredients:

1½ cup raw sunflower seeds
½ inch knob fresh ginger
1 Tbsp. hemp hearts
1 clove garlic
3 dates, soaked for 1 hour
2 Tbsp. nutritional yeast
¼ tsp. turmeric
1 tsp. onion powder
1 Tbsp. yellow curry powder
1 tsp. cumin
2 Tbsp. fresh basil, firmly packed
1½ Tbsp. fresh lemon juice
Sea salt to taste

I adore entertaining. Bringing others into my home, or gathering a group in someone else's humble abode, always warms my heart, especially when I have the opportunity to share my love of food and serve dishes close to my heart. Whether a gourmet feast with multiple plated courses, a simple wine & "cheese", or a potluck-style get together, there really is nothing better than bonding over bites.

This curried sunseed pâté is a fave go-to recipe for me when I need appetizers on the table, pronto! Give it a try, you'll love it!



- 1 Add all ingredients to small bowlled food processor.
- 2 Puree until well incorporated but still textured.
- 3 Serve atop crackers, salad, or cucumber rounds.

NOT-CHO CHEESE DIP

MAKES 1 CUP



Ingredients:

1 Cup soaked & rinsed raw cashews
1 Tbsp. lemon juice
2 tsp. onion powder (or 1/4 C white onion, grated)
1 tsp. garlic powder (or 1 clove fresh, grated)
2 tsp. cumin
1 medium red pepper, seeded and chopped
1 tsp. sea salt
2 Tbsp. nutritional yeast (optional)
1 Tbsp. hemp seeds
½ Cup water

- 1 Whiz above ingredients in blender until smooth.
- 2 Serve with fresh veggies, nacho chips or crackers.
- 3 You can also add more water to this mix to reach a thinner consistency, perfect as a sauce for raw zucchini noodles!



RAW BORSCHT



Ingredients:

1 medium beet, peeled & chopped roughly
1 medium tomato, chopped
¼ Cup sun-dried tomatoes
1 Tbsp. dried dill
1 Tbsp. fresh dill (omit and add ½ Tbsp. more dried if necessary)
2 Tbsp. chopped red onion
Juice of ½ lemon
1½ Tbsp. honey, 2-3 drops stevia, or 1 Tbsp. agave syrup
1 small clove garlic



- 1 Toss all ingredients into your Vitamix or blender and puree until thick and creamy.
- 2 Pour into serving bowls, and garnish with fresh dill & coconut milk if desired!

CURRIED SQUASH SOUP



Ingredients:

¾ fresh carrot, chopped
1 Cup fresh apple juice
Juice of ½ lemon
½ inch fresh ginger, chopped
¾ Cup hard squash (butternut, acorn, pumpkin)
½ Cup full fat coconut milk*, OR ¼ Cup fresh young coconut meat*
1 Tbsp. yellow curry powder
1 medium clove garlic
pinch salt
½ cup water
2-3 Tbsp. fresh cilantro leaves
*alternative: ¼ cup raw cashews





SAVORY

VEGAN BASIL NUT PESTO ZOODLES

MAKES ABOUT 1 CUP OF PESTO
(LEFTOVERS FREEZE WELL)



Ingredients:

1/3 Cup firmly packed fresh organic basil*
5-6 organic kale leaves, washed, trimmed, and torn into pieces*
2-4 garlic cloves, depending on your tolerance!
1/3 Cup walnuts (raw, or toasted for a denser flavor)
1/4 Cup nutritional yeast
2-3 Tbsp. freshly squeezed lemon juice
1 1/2 tsp. sea salt
1/4 Cup extra virgin olive oil to start, adding more as needed

1-2 zucchini, made into "noodles" via a spiralizer machine or vegetable peeler. If you don't have a spiraling machine, use a julienne peeler or mandolin to slice the zucchini into noodles. Set aside.

*Feel free to substitute any local organic herbs (cilantro, parsley) or leafy green (spinach, arugula) that you prefer or have on hand. The flavor combos are endless, but I like the mix of the kale and basil.



- 1 In a blender or small food processor, add all ingredients and puree until smooth, scraping down blender jar or processor bowl with spatulas as necessary.
- 2 Continue drizzling additional olive oil as needed to reach desired consistency. The richness of this nutty sauce is a perfect match with the crisp freshness of raw zucchini noodles or spirals.
- 3 Use your hands to coat the "zoodles"! This pesto is also a delightful addition to any cooked pasta, rice and greens bowl, or grilled veggie sandwich.



SAVORY RAW NO-MEATBALLS

MAKES ABOUT 24 SMALL BALLS



Ingredients:

1 Cup raw sunflower seeds
½ Cup + 1 Tbsp. raw almond butter
4 sun-dried tomatoes, soaked, drained and chopped
3 Tbsp. fresh basil, shredded
1 Tbsp. nutritional yeast (optional)
1 clove of garlic
1 tsp. dried thyme
1 tsp. dried oregano
1 tsp. olive oil
Pinch cumin
sea salt to taste



- 1 Process all in food processor.
- 2 Roll into balls, use as sandwich filler, or crumble over salad.
- 3 Freezes well.





CURRIED ZOODLES AND CAR-OODLES

MAKES ABOUT 24 SMALL BALLS



Ingredients:

2 large zucchinis
2 large carrots
3-4 small navel oranges
1-2 Cups of orange/red cherry tomatoes
2 Tbsp. to half a cup of raw, unhulled sesame seeds
Fresh herbs of basil, sage, and rosemary
1 Tbsp. of turmeric
1 Tbsp. of curry powder
A pinch of cumin



- 1 Spiralize your noodles. If you don't have a spiraling machine, use a julienne peeler or mandolin to slice the zucchini into noodles. Set aside.
- 2 Next, blend all of the rest of the ingredients in a high speed blender like a Vitamix until completely smooth and creamy.
- 3 Pour the sweet curry sauce over your noodles and mix well.

SWEET

RAW NANNER CREME PIE

MAKES 1 LARGE TART, OR 6 CUPCAKE SIZE



Ingredients:

Crust

1 Cup almonds
1 Cup raisins
 $\frac{1}{4}$ Cup shredded, dried coconut
1 Tbsp. maca root powder (optional)
Pinch sea salt

Filling

2 ripe bananas
 $\frac{1}{4}$ Cup raw cashews, soaked 4 hours or overnight
1 Tbsp. water
1 Tbsp. fresh lemon juice
1 tsp. lucuma powder (optional)
Pinch sea salt



- 1 In food processor fitted with an "S" blade, process almonds until well broken down.
- 2 Add in remaining crust ingredients and process until well combined and mixture binds together well when pressed between fingers.
- 3 Press mixture into bottom a tart pan or muffin tin cups.
- 4 Freeze for at least one hour to set.
- 5 In processor, blend all filling ingredients until smooth and creamy, and pour filling into chilled crust base(s).
- 6 To serve, top with sliced banana, coconut, and cacao nibs.



RAW APPLESAUCE

MAKES 2 SERVINGS
(EASILY DOUBLES)



Ingredients:

2 medium McIntosh apples
3 dates (soaked 1 hour)
1 tsp. cinnamon
 $\frac{1}{2}$ Tbsp. fresh lemon juice



- 1 Process all ingredients in a food processor until smooth, scraping down sides of bowl as needed.
- 2 Serve at room temperature for maximum flavor.



VANILLA BEAN BERRY CHIA PUDDING PARFAIT

SERVES 2
A PERFECT LIGHT SNACK!
IT'S PARFAIT!



Ingredients:

1 Cup coconut milk
1 banana
 $\frac{1}{4}$ large vanilla bean, seed scraped + pods reserved
1 tsp. vanilla extract
1 Tbsp. coconut sugar or brown sugar
pinch of salt
3 Tbsp. chia seeds
1 Tbsp. unsweetened coconut
1 Tbsp. slivered almonds
 $\frac{1}{4}$ Cup fresh red berries or mango or other fruit of choice.



- 1 In blender, combine first 6 ingredients.
- 2 In large mixing bowl, add chia, and then pour liquid mixture over top, whisking as you do so.
- 3 Allow chia to rest for 15 minutes in refrigerator.
- 4 To serve, pour $\frac{1}{4}$ chia into bottom of serving glass/take-away container, add $\frac{1}{4}$ of the coconut, berries, and almonds. Top with $\frac{1}{4}$ more of the chia, and add a last layer of berries, almonds, coconut. Serve.
- 5 Chia keeps for up to 3 days in sealed glass container in refrigerator (do not layer until ready to serve)



HEMP HEART SNACK BALLS



Ingredients:

10 Medjool dates, pitted
½ Cup raw cashews
2 Tbsp. hemp hearts

- 1 Add dates and cashews to bowl of a food processor. Process until ingredients are well incorporated and smooth.
- 2 Put the hemp seeds into a medium sized mixing bowl.
- 3 Use a Tbsp. to portion the date and cashew mixture. Using your hands, roll into one-inch balls and then roll each ball in the hemp seeds to coat.
- 4 Try one. Fall in love. Freeze or refrigerate remaining balls for keeping.



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