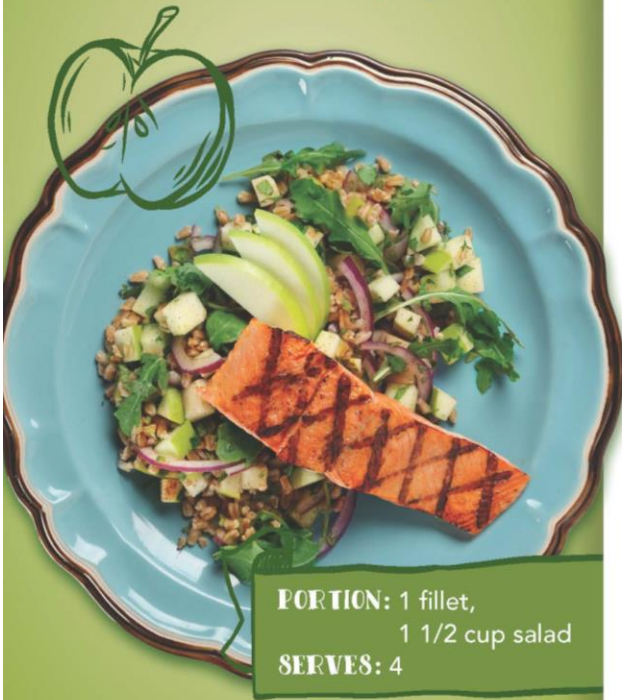


SALMON WITH Farro Apple SALAD



PORTION: 1 fillet,
1 1/2 cup salad
SERVES: 4

SUPERFOOD

INGREDIENTS

1/2 tsp Canola Oil	1 1/4 tsp Jalapeño Peppers, Diced
4 ea Wild Salmon Fillet	1/4 cup Red Onions, Thin Slivered
3 1/2 oz Farro	1 tsp Ground Cumin
1 3/4 cup Water	1 Tbsp Lime Juice
2 cups Granny Smith Apples, Diced	1/2 tsp Ground Black Pepper
3 Tbsp Fresh Cilantro, Chopped	1 cup Arugula Lettuce Leaf

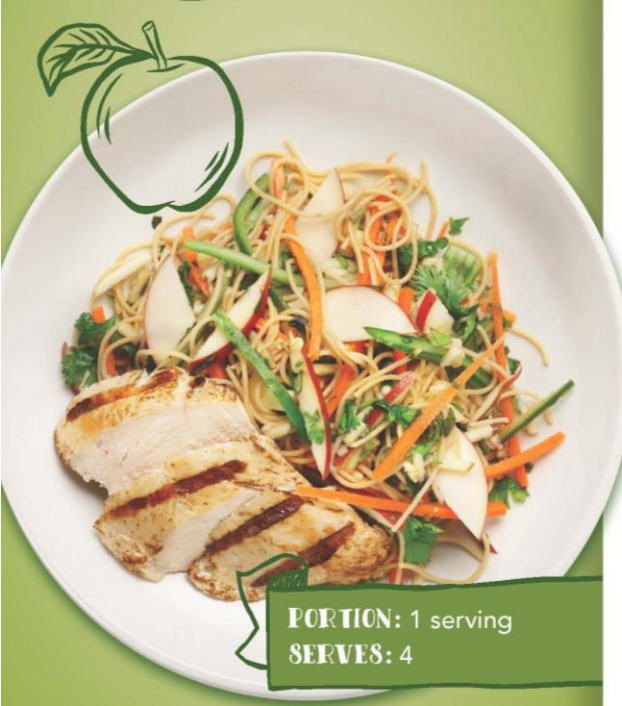
METHOD

1. Rub the salmon with oil. Grill salmon for 5-7 minutes on each side turning once. Cook until internal temperature reaches 145F internal temperature.
2. Place farro in a pot with water and bring to a boil. Lower heat to simmer and cook until tender, about 20 minutes. Drain, cool and set aside.
3. In a large bowl combine the farro, apples, lime juice, arugula, cilantro, jalapeno, onion, cumin and pepper. Mix thoroughly. Portion 1 1/2 cup farro salad and top with 4 oz salmon.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
280	6g	1g	31g	27g	4g	105mg

ASIAN CHICKEN Pasta Salad WITH APPLES



PORTION: 1 serving
SERVES: 4

SUPERFOOD

INGREDIENTS

2 tsp Ginger Root, Fresh, Minced	2 tsp Lemon Juice, Fresh
1/2 tsp Honey	2 oz Cucumbers
2 tsp Oil, Olive	2 oz Carrots, Fresh
2 tsp Rice Vinegar, Seasoned	1/4 cup Cilantro, Fresh, Chopped
12 oz Grilled Chicken	1/4 cup Basil, Fresh, Chopped
3 cups Cooked Spaghetti	1/4 tsp Kosher Salt
8 oz Fresh McIntosh Apples	1/4 tsp Ground Black Pepper

METHOD

1. Prepare chicken and pasta.
2. For the dressing, in a bowl mix the vinegar, oil, honey and ginger. Set aside.
3. Julienne cut the apples and soak in water with lemon juice for 30 minutes. Drain and set aside.
4. Julienne cut the cucumbers and carrots. In a large bowl, mix together the vegetables, apples, herbs, salt and pepper. Toss together well.
5. Slice the chicken and toss with the salad or serve over the top.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
340	9g	1.5g	31g	32g	4g	310mg

ALMOND Apple Crumble WITH YOGURT AND HONEY



PORTION: 3 oz
SERVES: 15

SUPERFOOD

INGREDIENTS

1 qt Frozen Apples, Sliced	4 1/2 oz Coconut Oil
3 Tbsp Cornstarch	4 Tbsp Dark Brown Sugar
2 tsp Vanilla Extract	6 Tbsp Salt
4 Tbsp Dark Brown Sugar	1 tsp Ground Cinnamon
2 sprays Cooking Spray	1 tsp Water
1 1/2 Tbsp Lemon Juice	7 1/2 oz Fat Free Greek Yogurt
1 1/2 Tbsp Almond Flour	2 1/2 Tbsp Honey
4 1/2 oz Rice Flour	

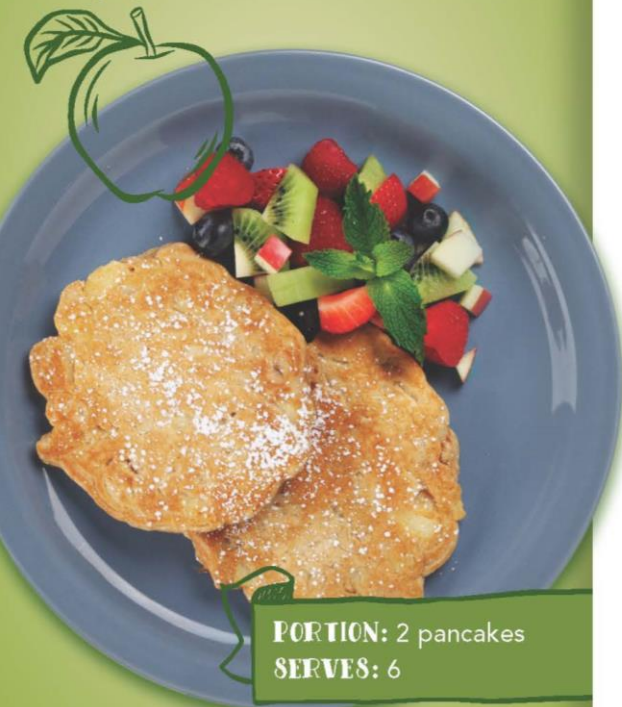
METHOD

1. Preheat the oven to 350F. Make sure to firmly pack the apples into what you're using to measure them.
2. In a mixing bowl, toss together the apples, cornstarch, vanilla extract, lemon juice and brown sugar. Spray the baking dish with cooking spray and spread the mixture evenly.
3. Melt coconut oil and let cool. Mix together the water, almond flour, rice flour, melted coconut oil, brown sugar, salt and cinnamon in a mixing bowl. Spread evenly over the apple filling and bake in the oven for 30 to 40 minutes, or until the apples are juicy and tender and the topping is golden brown.
4. Remove from oven and let cool. Divide into 3 oz. portions. Serve each portion with 1 Tbsp of yogurt and drizzle 1/2 tsp of honey.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
200	8g	3g	30g	4g	3g	135mg

WHOLE WHEAT Apple Pancakes



PORTION: 2 pancakes
SERVES: 6

SUPERFOOD

INGREDIENTS

1 1/4 cup Whole Wheat Flour	1 cup Skim Milk
2 Tbsp Honey	1/2 tsp Vanilla Extract
2 tsp Baking Powder	1 Tbsp Butter, Melted
1/2 tsp Salt	8 oz Fresh Baking Apples, Peeled, Cored, 1/4" Diced
1 ea Egg	

METHOD

1. In a mixing bowl, whisk together the flour, baking powder and salt. In a separate bowl, whisk together the honey, egg, milk and vanilla. Preheat a nonstick griddle over medium heat. Whisk the wet ingredients into the dry. Stir in the melted butter. The batter should be thick and smooth. Fold in the apples.
2. Spoon the batter onto the griddle 1/4 cup at a time. Cook the pancakes until set and thoroughly bubbly, about 3 minutes. Flip each pancake with a spatula and cook until golden brown, about 2 minutes more. Serve with your favorite toppings.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
170	3.5g	1.5g	31g	6g	3g	360mg