

# Bountiful Bites

6 PHYTONUTRIENT-PACKED RECIPES



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# Bountiful

## 6 PHYTONUTRIENT-PACKED RECIPES

Bring on the color! When it comes to nutrition, most people focus on macronutrients (fats, carbohydrates, and proteins) and micronutrients, like vitamins and minerals. But there's a whole class of nutrients called phytonutrients that can add so much diversity and nutritional benefit to your diet.

### WHAT ARE PHYTONUTRIENTS?

Plants contain thousands of natural chemicals called phytonutrients. These chemicals help protect plants from sun damage, insects, parasites, fungi, germs, and other potential threats.

Phytonutrients in plant foods have antioxidant and anti-inflammatory properties that can help support a healthy human body. Unlike vitamins and minerals, they aren't essential for life. However, phytonutrients prevent disease and keep your body working properly.

More than 25,000 phytonutrients exist in fruits, vegetables, whole grains, nuts and seeds, beans, and other plant-based foods.

### HEALTH BENEFITS OF PHYTONUTRIENTS

The six most common phytonutrients found in plant foods include carotenoids, ellagic acid, flavonoids, glucosinolates, phytoestrogens, and resveratrol. Each of these impart their color to the plants in which they are found. This makes it relatively easy to identify which phytonutrients are present in a given plant.

### HERE ARE 6 STEPS TO HELP YOU GET MORE PHYTONUTRIENTS IN YOUR DIET:

#### **1. AIM FOR 9-13 SERVINGS A DAY.**

To prevent chronic disease, we need a plant-rich diet with at least 9-13 servings per day. A serving is about half a cup of cooked vegetables, one cup of raw, leafy vegetables, or a medium sized piece of fruit. Aim to eat 3-4 servings per meal to maximize intake.

#### **2. KNOW THE PHYTONUTRIENT SOURCES.**

We often think of vegetables and fruits as the basics: broccoli, kale, apples, oranges. But it can be so much fun to experiment with new varieties and colors. Think of phytonutrients not as just vegetables and fruit, but also nuts, seeds, legumes, herbs, spices, and whole grains.

#### **3. EAT THE RAINBOW OF COLOR.**

Most people eat a limited array of brown, yellow, and white. Simply aim to get more color in your diet, and you'll instantly be eating more phytonutrients.

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# RECIPES

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# SWEET POTATO BREAKFAST BOWL WITH NUT BUTTER DRIZZLE

These fluffy sweet potato breakfast bowls are the perfect paleo and vegan breakfast recipe. You can enjoy this dish hot for a warming breakfast, or eat it cold.

**PREP TIME:** 10 minutes

**COOK TIME:** 20 minutes

**YIELD:** 4 servings

## INGREDIENTS

### FOR THE POTATOES:

2 medium **sweet potatoes**, peeled and diced into ½-inch pieces

1/4-1/2 cup unsweetened **oat milk**

1 teaspoon **vanilla extract**

1 tablespoon **vegan butter**

2 tablespoons **maple syrup**

1/2 teaspoon **cinnamon**

2 tablespoons **ground flax seeds**

### FOR THE NUT BUTTER DRIZZLE:

1/2 cup **peanut butter**, **almond butter**, **pecan butter** or other nut butter

3 tablespoons **hot water**

1 tablespoons **maple syrup**

Pinch of **salt**

### TOPPINGS:

**Cherries**

**Blueberries**

**Strawberries**

Slivered **almonds**

**Pecans**

**Walnuts**

**Coconut flakes**

**Nut butter**

**Paleo granola**

**Yogurt**

## INSTRUCTIONS

### **FOR THE SWEET POTATOES:**

1. Add sweet potatoes to a stockpot with enough water to cover. Boil over medium-high heat until tender.
2. Add remaining ingredients and mash potatoes thoroughly.
3. Serve warm or cold topped with Nut Butter Drizzle and desired toppings.

### **FOR THE NUT BUTTER DRIZZLE:**

1. Combine all ingredients, and stir with a fork until smooth.





# ROASTED GARLIC MISO SOUP WITH GREENS

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This soup is the perfect comforting snack or appetizer on a cold day or when you need the antiviral hit of garlic and miso.

**PREP TIME:** 10 minutes

**COOK TIME:** 1 hour

**YIELD:** 4 servings

## INGREDIENTS

2 heads of **garlic**

2 tablespoons **grapeseed oil**

6 cups **vegetable broth**

3 to 4 tablespoons white miso, to taste

4 cups **kale**, chopped

Firm **tofu**, cubed, optional

Salt or soy sauce, to taste

**Lemon** slices, optional

**Green onions**, sliced, optional

**Red pepper flakes**, optional

## INSTRUCTIONS

1. Preheat oven to 400°F. Remove outer layer of skin from bulbs of garlic, leaving the most inner layer so they will stay together. Cut off the tops of the garlic bulbs.
2. Place bulbs cut side up on a large piece of foil and drizzle each one with 1 tablespoon grapeseed oil. Create a tent by gathering foil up around each bulb and folding over the top. Bake for 45–50 minutes. Allow garlic bulbs to cool for 10 minutes.
3. For the miso soup, squeeze meat from garlic bulbs into a large pot and check for pieces of skin. Smash the bulbs with the back of a wooden spoon.
4. Add vegetable broth, miso, and cubed tofu (if desired), and bring to a boil. Reduce heat to medium-low, and add kale. Let wilt for 5 minutes. Season to taste with salt or soy sauce.
5. Serve as desired.



## BLOOD ORANGE, HAZELNUT, AND GOLDEN BEET SALAD

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Blood oranges are a bit different than regular oranges. They are rich in anthocyanins that not only give them their reddish hue, they also help combat free radicals and inflammation. In this salad, they combine with the warm colors of red and golden beets to create a dish that is as beautiful and phytonutrient-packed as it is delicious. Composed salads make a beautiful addition to any meal, and this one will have everyone marveling over its unique flavors.

**PREP TIME:** 20 minutes

**COOK TIME:** 20 minutes

**YIELD:** 4 - 6 servings

### INGREDIENTS

#### FOR THE BEETS:

4 medium **red beets**, peeled and cut into bite size wedges

4 medium **golden beets**, peeled and cut into bite size wedges

3 tablespoons **olive oil**

Salt and freshly cracked pepper

4 or 5 sprigs fresh **thyme**

1/4 cup **hazelnuts**

#### FOR THE DRESSING:

1 **blood orange**

1 small **shallot**, finely diced

2 tablespoons **red wine vinegar**

2 tablespoons extra virgin **olive oil**

Salt and pepper to taste

#### FOR THE YOGURT:

3/4 cup plain, non-dairy yogurt

Salt and pepper to taste

4 or 5 sprigs fresh **tarragon**, minced

#### TO SERVE:

3 **blood oranges**

1/2 cup goat cheese, crumbled, optional

## INSTRUCTIONS

### FOR THE BEETS:

1. Preheat the oven to 425°F.
2. Place red beets in the center of a large piece of foil. Drizzle with olive oil and season with salt and pepper. Add a few sprigs of thyme and make a packet by tightly sealing the foil around the beets. Repeat with golden beets.
3. Place packets on a baking sheet and roast for about 20-25 minutes, or until fork tender. Unwrap and allow to cool slightly.
4. While beets are roasting, toast hazelnuts on a baking sheet for 4 to 6 minutes, or until golden. Place the toasted nuts on a clean towel and rub them against one another to remove skins. Roughly chop the nuts.

### FOR THE DRESSING:

1. Juice orange into a medium bowl. Add chopped shallot and red wine vinegar. Whisk in olive oil, and season with salt and pepper.

### FOR THE YOGURT:

1. Season yogurt with salt and pepper and add half of tarragon.

### TO SERVE:

1. Use a sharp knife to remove the pith and peel from the remaining oranges. Slice into ¼-inch rounds.
2. Toss slightly cooled beets with some of the dressing, making sure to keep golden and red beets separated.
3. Arrange orange slices and beet wedges over the yogurt, and spoon dressing over the top. Sprinkle with chopped hazelnuts and remaining tarragon. Top with goat cheese, if desired.



# MEDI BOWLS WITH CLASSIC HUMMUS

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These colorful Mediterranean bowls are as visually appealing as they are delicious. Feel free to customize them according to your taste.

**PREP TIME:** 10 minutes

**COOK TIME:** 15 - 20 minutes

**YIELD:** 4 servings

## INGREDIENTS

### FOR THE HUMMUS:

1 15-oz. can chickpeas

3 tablespoons lemon juice

2 tablespoons tahini

1-2 garlic cloves

1/2 teaspoon salt

1/4 cup olive oil

### FOR THE SPINACH:

4 tablespoons olive oil, divided

2 tablespoons red wine vinegar

Salt and pepper to taste

2 cups baby spinach

### FOR THE CHICKPEAS:

1 cup chickpeas

2 tablespoons olive oil

### FOR ASSEMBLY:

1 cup cooked quinoa

1/2 red onion, sliced

1/2 pint grape tomatoes, quartered

1/2 English cucumber, sliced

1/2 cup olives, pitted and chopped

Chopped parsley, to garnish

Crumbled feta cheese, to garnish

Olive oil, to serve

## INSTRUCTIONS

### **FOR THE HUMMUS:**

1. Drain and rinse chickpeas and transfer to a food processor. Add the lemon juice, tahini, garlic, salt, and turn on. Drizzle in olive oil and water to desired consistency. Blend until smooth, about 5 minutes. Taste and adjust seasoning.

### **FOR THE SPINACH:**

1. In a small bowl, combine olive oil, red wine vinegar, salt, and pepper. Toss with spinach.

### **FOR THE ROASTED CHICKPEAS:**

1. Preheat oven to 425°F. Drain and rinse chickpeas and add to a lined baking sheet. Drizzle with olive oil and season with salt and pepper. Roast in the oven for 15-20 minutes, until browned.

### **ASSEMBLE:**

1. Add quinoa, hummus, spinach, onion, tomatoes, cucumber, chickpeas, and olives to a bowl. Garnish with parsley, feta cheese, and a drizzle of olive oil.





# WHOLE ROASTED CAULIFLOWER WITH TAHINI SAUCE AND PARSLEY-SPINACH PESTO

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Cauliflower lends itself to so many different recipes, from soups and sauces, to side dishes galore, to this recipe, where it is the main attraction. Food that is visually appealing just tastes better. Your brain sees beautiful food and automatically prepares your taste buds for an exquisite meal. This whole roasted cauliflower is so quick and simple to make, and the cauliflower stays juicy and provides a great receptacle for the spicy sauce, and the finished product is as visually appealing as it is delicious.

**PREP TIME:** 20 minutes

**COOK TIME:** up to 1 hour

**YIELD:** 2 - 3 servings

## INGREDIENTS

### FOR THE CAULIFLOWER:

1 large head cauliflower

1/2 cup olive oil

3 tablespoons water

2 teaspoons paprika

1 teaspoon salt

1/2 teaspoon black pepper

1/4 teaspoon each of dried oregano, dried basil, dried parsley, garlic powder, and cumin

1/8 teaspoon cayenne pepper

### FOR THE PESTO:

1/4 cup pine nuts

2 garlic cloves

3 cups fresh spinach

2 cups fresh parsley

Violife vegan parmesan cheese

1 lemon, zested and juiced

1/2 teaspoon salt

1/3 cup + 1 tablespoon olive oil, divided

**FOR THE TAHINI SAUCE:**

1/4 cup olive oil

3 tablespoons tahini

1 tablespoon apple cider vinegar

2 teaspoons lemon juice

Salt and black pepper, to taste

**TO SERVE:**

Fresh parsley, chopped

## INSTRUCTIONS

**FOR THE CAULIFLOWER:**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Cut off bottom stalk of cauliflower while leaving head intact. Peel off the green leaves. Place upside down on baking sheet.
3. Next, whisk together olive oil, water, and spices. Pour 2/3rds of oil mixture into crevices of upside down cauliflower. Flip right side up and brush the top evenly with remaining oil.
4. Bake until fork pierces cauliflower easily, 35-55 minutes.

**FOR THE PESTO:**

1. In a food processor or blender first chop up the pine nuts and garlic, pulsing several times.
2. Add the spinach, parsley, vegan cheese, lemon zest and juice and salt. Blend until smooth stopping to scrape down the sides of the bowl, if necessary.
3. Slowly drizzle in 1/3 cup of olive oil while blending. You may want to add more depending on how thick you want the sauce. I added in one extra tablespoon, but do what feels right.

**FOR THE TAHINI SAUCE:**

1. Whisk together all the tahini sauce ingredients until smooth.

**TO SERVE:**

1. Smear the pesto on the bottom of a platter.
2. Place whole cauliflower on top.
3. Pour tahini sauce over cauliflower, garnish with fresh parsley, stab with a steak knife, and serve warm.



# CHICKPEA COOKIE DOUGH

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This easy Chickpea Cookie Dough comes together in MINUTES and tastes incredible! You can't even taste the beans.

**PREP TIME:** 6 minutes

**COOK TIME:** 4 minutes

**YIELD:** 14 servings

## INGREDIENTS

- 1 15-oz. can chickpeas
- 1/2 cup creamy peanut butter or nut butter of choice
- 1/4 cup pecans
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 1/4 cup maple syrup
- 1 tablespoon vanilla extract
- 1/3 cup dark chocolate chips

## INSTRUCTIONS

1. Soak chickpeas in cold water for 10 minutes. Drain and add to the bowl of a food processor fitted with a steel blade. Add remaining ingredients except chocolate chips.
2. Process until smooth, creamy, and completely combined. Stop and scrape down the bowl several times as needed. Depending upon your food processor, this may take several minutes and several scrape-downs.
3. Taste the mixture and adjust sweetness.
4. Transfer dough to a mixing bowl and fold in chocolate chips.
5. Enjoy immediately or transfer to an airtight container and refrigerate until ready to serve, up to 5 days.

# PHYTONUTRIENT SPECTRUM CHECKLIST

## RED

Apples	Chili Powder	Radishes
Applesauce	Kidney Beans	Red Bell Peppers
Cayenne Pepper	Paprika	Strawberries
Cherries	Pomegranate	Tomato

### WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
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## ORANGE

Apricots	Carrots	Orange
Bell Peppers	Mango	Peaches
Butternut Squash	Mango	Pumpkin
Cantaloupe	Nectarine	Sweet Potato

### WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
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## YELLOW

Apple Cider Vinegar	Ginger	Spaghetti Squash
Banana	Lemon	Starfruit
Bell Peppers	Pineapple	Succotash
Corn	Popcorn	Yellow Squash

### WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
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## GREEN

Asparagus	Brussels Sprouts	Green Beans
Avocado	Cabbage	Kale
Bean Sprouts	Celery	Lettuce
Broccoli	Cucumbers	Olives

### WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
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## BLUE/PURPLE

Blackberries	Dates	Plums
Blueberries	Eggplant	Potatoes
Cabbage	Grapes	Rasins
Carrots	Kale	Red Onion

### WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
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## WHITE/TAN

Agave Nectar	Legumes	Rice
Beans	Nut Butters	Seeds
Garlic	Nuts	Shallots
Hummus	Onions	Tahini

### WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
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## ABOUT THE AUTHOR

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Dr. Lindsey Elmore is a bold entrepreneur who turned her degree in chemistry and doctorate in pharmacy into a health and wellness education company. She has taught on stages in 30 countries, her social media reaches more than 90 countries, and now trains others on how to take ownership of their lives and make the toughest health and wellness decisions. You can find her online at [www.lindseyelmore.com](http://www.lindseyelmore.com) and on social media [@lindseyelmore](#) on [Facebook](#), [LinkedIn](#), [Instagram](#) and [@drlindseyelmore](#) on [Pinterest](#).

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It is my passion to help educate and empower people to take control of their health and learn simple everyday changes you can make to improve your health and longevity.

That's why I'm starting a brand new website to help you do just that.

At Wellness Made Simple, you'll find all the education, guidance, tools, and accountability you need to start implementing changes that will lead to better health and wellness.

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