

Halibut *with* Coconut Curry Broth

INGREDIENTS

2 5-ounce halibut fillets (skin on)
1 cup of shallots, thinly sliced
3 garlic cloves, finely chopped
1 Tablespoon ginger root, finely chopped
2 Tablespoons Garden of Life® Extra Virgin Coconut Oil
2 teaspoons curry powder
½ teaspoon salt
½ Tablespoon coconut aminos or wheat-free tamari
1 ½ cup chicken broth
½ cup light coconut milk
cilantro
lime
cooked jasmine rice

SERVES

2



The “Halibut with Coconut Curry Broth” is beneficial due to the essential fatty acids in the fish, plus I add ginger in the broth to help with nausea. I use GOL coconut oil in this recipe. The fish melts in your mouth and the curry broth is very warming. Use all organic ingredients when possible.

PREPARATION

Heat coconut oil in a skillet. Add shallots and garlic and cook on medium heat for 3-to-5 minutes. Add ginger and cook for another minute. Add chicken broth, coconut milk, coconut aminos, salt and curry and simmer for 2-3 minutes. Add a dash of salt to each halibut fillet then place in broth, skin side down. Reduce heat to a low simmer, cover skillet with a lid and cook halibut for about 8 minutes, or until it is completely done. Serve over jasmine rice, and make sure to add some of the broth into each dish or bowl. Top halibut with chopped cilantro and fresh lime juice if desired.

Mama’s Lemon Ginger Treats

I love this one because it is tart, and that is what I have been craving most lately. I use walnuts for omega-3s, protein and fiber. Macadamia nuts for minerals like calcium. Coconut flakes for fiber, iron, selenium and potassium and ginger for nausea. Use all organic ingredients when possible.

INGREDIENTS

1 cup walnuts
1 cup macadamia nuts
1 cup coconut flakes
½ cup gluten-free oats
10 dates, pitted and soaked in water for about 20 minutes
1 scoop of Garden of Life® RAW Protein Vanilla Flavor
2 Tablespoons lemon juice
1 Tablespoon Garden of Life Extra Virgin Coconut Oil
1 teaspoon grated ginger root
1 teaspoon grated lemon peel

PREPARATION

Place walnuts, macadamia nuts, coconut flakes and protein powder into a food processor using the “s” blade. Process until well mixed and nuts are broken into very small pieces. Add remaining ingredients and pulse until well mixed. Press mixture into a brownie pan and refrigerate for a few hours so that texture hardens. Top with lemon coconut glaze (recipe below).

LEMON COCONUT GLAZE:

In a blender, combine ¼ cup lemon juice, ¼ cup light coconut milk, 3 Tablespoons maple syrup and 2 Tablespoons of coconut oil. Blend until smooth and refrigerate for one hour, then stir a few times and spread about one-half of the glaze on top of the lemon squares. Place pan in refrigerator again for another hour before cutting and serving. Save the rest of the mixture for a fruit dip or an ice cream topping. Lemon squares last 2 weeks in refrigerator or 2 months frozen.

MAKES
20



Cheers!

Celebrate with these delicious, healthy tailgate recipes on game day—or any time.



Garden of Life

#1 FAN



Linebacker Lentil Burgers

INGREDIENTS

2 cups cooked organic lentils
1 cup cooked organic sweet potato
1 cup organic yellow squash
¼ cup chopped yellow onion
2 organic garlic cloves
2 teaspoons cumin
½ teaspoon salt
½ teaspoon ground fennel
¼ teaspoon black pepper
1 organic egg or 1 “vegan” egg (To make a vegan “egg”, use 1 tablespoon RAW Organics™ Chia Seed soaked in 4 tablespoons water for 30 minutes.)

SERVES

6



PREPARATION

Sauté squash, onion and garlic using two tablespoons of Garden of Life® Extra Virgin Coconut Oil or olive oil. When cooled, place in food processor with sweet potato, spices, and egg. Mix well. Add lentils and pulse until well mixed. Grill to desired wellness.

*By: Gwen Eager,
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