

Creative Cooking

DR. HELEN STODDART DDCC000032

SEASON 3 EPISODE 8 THE SUPER BOWL



GREEN MANGO BOWL

INGREDIENTS

- 2 cups organic spinach
- 1 ½ cups frozen mango chunks
- 1 frozen banana, chopped
- ½-1 cup non-dairy milk
- 1 tsp moringa powder

Toppings

- 5 tbsp chia seeds, divided
- 4 strawberries, sliced, divided
- ½ cup blueberries, divided
- 2 Tbsp coconut flakes, divided
- ½ cup almonds, divided
- ½ cup granola, divided

INSTRUCTIONS

Put all ingredients in a high-speed blender in the order listed and blend until smooth.

Put the mixture in 2 bowls and divide the toppings between the two bowls. Enjoy!

I find that it takes three turns in mine to get it well mixed and smooth and still maintain a stiff texture.

QUINOA POWER BOWL

INGREDIENTS

Basic Tofu Recipe

- 1 block extra firm tofu, drained, dried, and cubed
- ¼ cup Bragg's Liquid Aminos
- ¼ cup water

Bowl

- 2 cups cooked quinoa, salted
- 1 can of black olives, sliced
- 1 medium red onion sliced
- ½ red cabbage shredded
- 2 carrots, shredded
- 1 head of green leaf lettuce, torn
- 1 cucumber, diced
- 1 carton of cherry tomatoes, sliced
- **Chimichurri Sauce** (see recipe from Season 3, Episode 7)
- dried cranberries, optional

INSTRUCTIONS

Cook quinoa according to package instructions.

Lightly coat tofu pieces in a mixture of water and amino acids, place them on the air fryer rack, and cook at 370° F for 15 minutes. Flip the tofu over and cook for another 5 minutes.

In each bowl, add ½ cup quinoa and hefty spoonfuls of each vegetable in its own section on top of the quinoa—drizzle Chimichurri sauce to taste.

Dried cranberries are optional but delicious.

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BLACK BEAN BOWL

INGREDIENTS

- 2 ½ cups of cooked black beans
- 2 cups raw organic kale, rinsed thoroughly
- cherry tomatoes, halved
- 1 avocado, sliced
- ½ red onion, sliced
- toasted pepitas (green pumpkin seeds)
- **Spinach Pesto Sauce** (see recipe Season 3, Episode 3)

Cilantro Lime Brown Rice

- 1 ½ cup long-grain brown rice or brown basmati rice, rinsed
- 2 ¼ cups of water
- 1 bay leaf
- ¼ cup chopped fresh cilantro
- 2 Tbsp lime juice (from about 1 lime)
- 1 ½ tsp lemon juice (from 1 small lemon)
- ½ tsp fine sea salt

INSTRUCTIONS

Prepare each component according to directions (the beans will take the longest, approximately 1 to 2+ hours on the stove, but all of the components will keep well if made in advance).

In a medium sized pot, add water, brown rice, and bay leaf, and cook according to the specifications on the package. Once the rice is done, fluff it with a fork. Then add cilantro, lime juice, lemon juice, and fine sea salt.

When you're ready to serve, take two bowls and layer them with kale, Cilantro Lime Brown Rice, black beans, tomatoes, avocado, onions, and toasted pepitas.

Finish it off and add a dollop or two of Spinach Pesto Sauce.