



THE Cookbook: Tasty, Healthy, Easy!

As a holistic health practitioner for 22 years, a big part of my work is helping clients discover food that is nutritious, simple to make, and delicious enough to be worth the effort.

Tasty. Healthy. Easy. That's my standard.

Here are 19 of my favorites. Many of them have become favorites of my clients, too, over the years, and I hope at least some of them become favorites of yours.

Please let me know what you try, and how you like it!

Fran

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Strengthening the Body Mind & Spirit Since 1993

Ingredients

Want to know the key to eating simply? It's using the best ingredients.

I remember a trip to California in my early 30s, when for the first time in my life, I picked a ripe peach from a tree.

REVELATION!

It was nothing like the hard, bland, mealy fruit I was accustomed to. Nor was it anything like the sugary canned peaches I'd had.

It was so luscious I almost swooned.

That's what you're looking for. It's what food should be: so good you almost swoon.

So don't skimp on ingredients. Getting the good stuff will delight your palate, save you time and extra steps, and nourish you so that you are satisfied, and not raiding the fridge or the pantry later.

My recipes are flexible. Play with the spices, or sub if you don't have the right ones. You have my permission to be creative. Last night, on a whim, I put a tablespoon of tomato sauce in my 7 Minute Salmon Supper, and I loved it so much I did it again tonight.

So go ahead and take liberties!

And if you find a particularly delightful variation, please share.

I have my favorite sources for many of the ingredients in these recipes. You can find them on page 15.

Soups and Meals

Miso Soup

Ingredients

- A cup of one coarsely chopped vegetable such as broccoli, cauliflower, spinach, or zucchini
- Fresh cilantro or parsley (optional)
- 2 Tablespoons Miso paste: I prefer miso made from rice, as it is gluten free, soy free, and has a lovely mellow flavor.
- Kelp noodles (optional) These are rich in iodine and other micronutrients and are practically carb-free. You can find them online or at the health food store.



Directions

In a saucepan, put 2 cups water and the vegetables. You can experiment to find your favorite, but keep it simple and use just one or two at a time. Add a handful of chopped cilantro or parsley, and allow to simmer, covered, a few minutes. Rinse the kelp noodles and add. Simmer on low until veggies are cooked to your liking. Remove from heat. Ladle a little bit of liquid into your bowl and add Miso, blending into the liquid. Then add the rest of the soup, and enjoy!

Creamy Chicken Soup

Ingredients

- 4 Tablespoons unrefined coconut oil (You know I offer the best [coconut oil](#), right? Barely processed, simply separated by centrifuge, it is so healthy and so delicious!)
- 1 Tablespoon Turmeric (this spice has SO many health benefits! Use it generously and regularly!)
- 1 teaspoon black cumin seed powder, if you can find it! (If you can't, use a mild curry powder)
- 1/2 teaspoon Himalayan (or other good quality natural) salt
- 4 cups vegetable or chicken broth if you have it. Water if you don't.
- 1-1.5 cups of chopped leftover chicken
- 2 cups of low carb veggies, such as celery, zucchini, bok choy, peppers
- 1 can full fat organic coconut milk, such as Thai Kitchen
- Handful of fresh cilantro, chopped (optional)

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Directions

Melt coconut oil in a stock pot over medium low heat. Turn heat to low, and add spices and salt. Allow to simmer a few minutes so that the oil absorbs the flavors. Add water or broth, veggies, and chicken, and turn heat back to medium. Cover and cook until the vegetables are tender, add coconut milk, stir, bring back to hot, but not boiling. Top with chopped cilantro if you have it. Done! Serves 2 generously.

Red Lentil Soup

Ingredients

- 4 Tablespoons pastured butter or ghee (clarified butter)
- 1 onion, coarsely chopped
- 1 Tablespoon each black and white sesame seeds
- 1 teaspoon Himalayan or other healthy natural salt
- 1 Tablespoon of fresh ginger, peeled and diced, or more if you like it
- 1 Tablespoon of turmeric powder
- 6 cups of water
- 2 cups of red lentils
- 1 cup tomatoes or tomato sauce (optional)

Directions

Melt butter in a stock pot. Turn heat to low, and add next 5 ingredients. Simmer and stir for a few minutes to infuse the flavors. Add remaining ingredients, cover, and cook on low for about half an hour, stirring occasionally. Finish with [an immersion blender](#) for a smoother texture.



Simple Seafood Stew

Ingredients

- About 24 ounces of mixed fish. I combine oysters, salmon, and cod, all from [Vital Choice](#)
- 1.5 cups of coconut milk, either full fat organic from a can, for a richer broth, or So Delicious (plain, unsweetened) in the carton, if you want it lighter
- 1 onion, diced
- 2 carrots, chopped
- 1 stick celery, chopped
- 1 cup dark leafy greens, chopped or torn into small pieces (You can use kale, chard, spinach, escarole or arugula. Keep in mind that tougher leaves like kale take longer to cook.)
- 1-2 zucchini, chopped
- handful of parsley or cilantro leaves
- natural salt (Himalayan, Celtic, or Red Hawaiian) to taste
- 2 T pastured butter or ghee (you can find KerryGold pastured butter in the deli section of any ShopRite. It's a healthy fat, so don't be afraid to use it! Ghee is clarified butter, and is safe even for those who are extremely dairy-sensitive)
- Optional: 1-2 cups of chopped fresh tomatoes, for a red sauce

Directions

Sauté the onions in the butter or ghee over low-medium heat until softened, just a few minutes. Add the carrots, celery, zucchini, and salt, (and tomato if you are using) and cook 2 more minutes, stirring.

Turn the heat to medium. Add the coconut milk, fish, and leafy greens. Cook until fish is done and leaves are tender, about 5-8 minutes.

Top with snipped cilantro leaves, and dish into bowls. You're done! 4 servings

7 Minute Salmon Supper

I rarely get out of the office until 8:30PM, by which time I am hungry, but don't want to eat a big heavy meal. This dinner is so fast to prepare, very filling, yet not heavy at all. It fits the bill perfectly! If I have broth on hand, I use half broth and half water, but you can also make it just with water.

Ingredients

- 3 cups of water/broth
- 1 frozen salmon fillet (I get mine from [Vital Choice](#))
- About 1 cup of chopped veggies, such as zucchini, onions, celery, sweet potato, frozen peas, etc.
- 1-2 teaspoon Red Boat Fish Sauce, to taste
- Optional: Fresh or dried ginger, some natural salt, a little dried seaweed



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Directions

Put water and/or broth in a medium saucepan over medium heat. Add all ingredients, cover, and reduce heat to simmer for 5-7 minutes until salmon is cooked through and veggies are done. Serves 1 or 2, depending on how hungry you are!

Bone Broth

The key thing is to cook the bones a long time (24 hours for chicken bones; 48 hours for meat bones) along with apple cider vinegar to draw the minerals and collagen out (so *great for your bones*). It's tasty and super-nutritious.

You can make it in a crockpot or on the stove, and really all you have to do is cover the bones with water, add a couple tablespoons of vinegar, some good quality salt, bring it to a boil, and then simmer for the time noted above. Then cool, strain and keep it on hand to sip plain or make it the base of your soups or other meals.

If you want, add some vegetables along with the bones (carrots, onion, celery, root vegetables, etc) and herbs. I add a bunch each of parsley and cilantro. You could also use oregano, thyme, etc.

Make a big batch, and keep some in the fridge and store some in the freezer. Of course I recommend using only bones from grass fed/pastured animals.

Basic Salad Dressing Recipe

Ingredients

2/3 cup oil
1/3 cup vinegar
pinch of salt

Directions

Here's where you get to be creative. I like to add a heaping teaspoon of Dijon mustard, and a handful of fresh herbs from my garden. In fact, it's the main reason I grow herbs: tarragon, oregano, rosemary, basil, parsley, cilantro may find their way into my dressing singly or in combination. Remove any stems. You can also add garlic, shallots, or chives.

Want a creamy dressing? Try adding a little coconut milk.

Blend thoroughly, taste test and adjust, if necessary. Don't be afraid to experiment. You may never buy packaged dressing again!

Snacks and Treats

Chocolate Dipping Sauce

Blend 1/3 cup raw cacao powder* with 1/4 cup melted coconut oil*. Add xylitol* or stevia* (for no blood sugar impact) to taste. Adjust ingredients if necessary to desired consistency. If you use xylitol, pulverize it in the blender for a finer consistency.



What can you dip? Nuts, fruit, cookies, dribble it over ice cream or other desserts - use your imagination!

Toasted Pumpkin Seeds

The traditional way to use pumpkin seeds is to bake them in the oven, but I like to make them in a pan. Pan roasting brings out the flavor so much more, and is easier to control for "doneness", too.

It's so easy: just pour some olive oil on the bottom of a heavy skillet and add your washed and dried seeds when it's heated. Add seasonings (I used cumin, hot pepper and a little Himalayan sea salt, but you can use garlic or onion powder, curry or chili powder – use your imagination), then shake and stir until they're done to your liking. About 20 minutes on low-medium heat is when you should start checking.

If you really want to make them in the oven, rinse and dry them, and then toss them with a little oil, salt and spices. Lay them out in a single layer on a cookie sheet. The lower the oven temperature, the longer it will take. Figure about an hour at 300 degrees, but check while they're cooking. You want to take them out as soon as they start to turn brown.

By the way, you can also eat the seeds from butternut, acorn, and other winter squashes.

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Healthier Popcorn

Start with raw pumpkin or sunflower seeds, about a half cup, and heat them in a small dry sauté pan on low for a few minutes.

Add spices. My favorite combination is cumin seeds, curry powder, red pepper, and Himalayan salt, but there are many mixes that work: Italian seasonings like oregano, thyme and basil; cinnamon or fennel if you like a slightly sweeter flavor; or use packaged dry herb mixes like Mexican, Indian or Thai.

When the mix is aromatic, and the seeds are slightly crunchy, add some healthy oil: coconut, walnut, grapeseed, avocado; pastured butter or ghee. You can also add in a little ghee, or butter from pasture fed cows. Just let everything melt and mix together, then remove from heat.

Air poppers are easy, simple, and cheap. I've had mine for at least 15 years and it's still going strong. Mine is a lot like [this one](#).

Let it run for a minute to heat up, then add your popcorn and a big bowl under the chute. Spoon in the seed and oil mix as the bowl fills up. Stir. Enjoy!

-OR-

Roast your seeds, as above, but in a heavy pot. Then add enough organic coconut oil to cover the bottom. Use medium low heat. Once the oil is melted, add enough kernels to just cover the bottom, and cover tightly. Shake the pot a few times as the kernels start to pop. Once the popping slows down, remove from heat and enjoy thoroughly!

Caveat: Corn is a high glycemic grain and primarily a GMO crop. So buy organic, and use it as an occasional treat

Chocolate Chip Cookies

This is my most popular recipe, and I've gotten thank you notes from all over the world for creating a healthy version of everyone's favorite cookie.

Ingredients

- 1.5 cups almond flour (I recommend Honeyville Blanched)
- 1/4 cup ground flax (The flax makes them soft and moist. Use coconut flour or buckwheat flour if you want them denser/harder, rather than soft and chewy)
- 1/2 cup xylitol
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/2 cup coconut oil or Nutiva Shortening (a mix of coconut and palm oil that will give the cookies a more golden appearance), warmed and softened
- 2 eggs
- 1 Tablespoon vanilla
- optional: 1/2 cup unsweetened coconut flakes
- 1/2 cup chocolate chips, 70% cocoa or higher

Directions

Combine dry ingredients in food processor.

Pulse in remaining wet ingredients until dough forms.

Mix in chocolate chips by hand, and use a scoop to drop on parchment paper, on a cookie sheet. (Trust me: the scoop makes it SO much easier to have nicely shaped uniform cookies! SO worth the small investment.) Flatten slightly with a spoon.

Cook at 350 for about 10 minutes, or until just brown around the edge. Let cool for at least 15 minutes.

NOTE: I recommend you do not use Bob's Red Mill Almond Flour for this recipe. It will not give you the best results. Instead, use a finer ground almond flour.

Chia Pudding Recipe

Basic Recipe

Mix 1/3 cup of chia seeds with 2 cups of your favorite milk (I recommend unsweetened coconut for its brain-healthy fats). Add sweetener of choice, to taste (I use either stevia or xylitol, but you could also use raw honey, or a dark molasses) Stir thoroughly, or put in a jar and shake, then let sit in the fridge, at least 30 minutes or up to 3 days.

Voila! A super-nutrient-dense and extremely indulgent pudding!

Variations

Mix in raw cacao powder, vanilla, nuts, dried or fresh fruit, dried coconut, cinnamon (great for stabilizing blood sugar) or other spices. It's very adaptable, so have fun experimenting! Let me know if you have a favorite.

Sinfully Delicious Yet Virtuous Brownies

Who doesn't love brownies? Rich and chocolate-y, melt in your mouth indulgence! And what if you could eat them without a scrap of guilt? Make this recipe and you can.

Ingredients

- 5 ounces unsweetened cocoa bar (You could also use 70% or higher dark chocolate and eliminate the xylitol)
- 1/2 cup organic coconut oil and/or butter from pastured cows (I like to mix)
- 2 free-range eggs
- 1¼ cup xylitol (eliminate if you use sweetened chocolate)
- 1/2 cup any nut flour
- 1/4 cup ground flax meal (for super moist brownies) or coconut, rice or buckwheat flour (for a slightly dryer brownie)
- 1/2 teaspoon fine ground sea or Himalyan salt
- 1/4 teaspoon baking soda
- 2 teaspoons vanilla (or 1 teaspoon vanilla plus 2 teaspoons peppermint extract for mint brownies)
- Optional: 1/2 cup chopped nuts



Directions

Preheat the oven to 350 degrees F. Line an 8×8-inch square baking pan with parchment or wax paper and lightly oil the bottom. (It makes cutting, serving and clean up so easy!)

Melt the dark chocolate and coconut oil in a double boiler. Stir together until completely melted and smooth. Do not overcook! Set aside.

In a mixing bowl, whisk the eggs. Add the xylitol and whisk until mixture is smooth and light. Add the melted chocolate mixture into the egg-xylitol mixture a little at a time and continue to whisk for a minute. The chocolate will look smooth and glossy.

In a bowl, combine the dry ingredients: nut meal and other flour, salt and baking soda; whisk together. Add the dry flour mix into the chocolate mixture and mix well for a minute. Add the vanilla, and mix lightly for another half a minute or so.

If you are adding nuts, stir in by hand and spread the batter into the prepared baking pan, smoothing it out evenly.

Bake in the center of a preheated 350 degree F oven for 30 minutes, or until the brownies are set. Don't overcook. Err on the side of gooey, if you must.

Cool on a wire rack; and remove the brownies from the pan by gripping the edges of the paper underneath. They keep well in the fridge or freezer but that won't keep you from going back for more. Or maybe that's just me!

Home Made "Chunkies"

Melt one bar of unsweetened chocolate and 2 T unsalted pastured butter or coconut oil in the top of a double boiler, and add powdered xylitol (pulverize it in the blender first) to sweeten to taste.

While the chocolate mixture is melting, keep stirring. Cover a cookie sheet with parchment or waxed paper.

Once chocolate is fully melted and xylitol is dissolved, remove from heat and add 1 Tablespoon vanilla or other flavoring (orange, almond, cinnamon, etc).

Mix in some chopped raw nuts and a tiny bit of dried fruit. You can put the pot in the freezer or fridge for a short while to help it thicken a bit, or just let it cool. Drop by chunky spoonfuls on covered cookie sheet. Refrigerate to set – yum! Store in the fridge.

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Chocolate Macadamia Truffles

To me there is something so perfect about this combination: rich and buttery macadamias combine with the superfood powers of collagen, cacao butter, vanilla powder, and Brain Octane (Pick these up in my office or order from Bulletproof/Upgraded Self.)

Ingredients

1/3 cup Collagen
3 Tablespoons xylitol, pulverized to fine powder in the blender
1/8 tsp natural salt
1 tsp Vanilla Bean Powder
6 oz Cacao Butter, melted on very low heat
3 oz dark chocolate (I use 80%)
3 TBS Brain Octane Oil



Directions

This is the mold I use. The silicone makes it easy to pop the chocolate outs when they are set. (Btw, I don't recommend silicone for baking, but it's perfect for cold treats like this.)

Melt the cacao butter and dark chocolate together over very low heat, stirring and watching carefully to avoid scalding. While this is melting, mix all the dry ingredients in a small bowl and stir. Once the chocolate mix is completely melted, add it and Brain Octane Oil to the dry mix in the bowl, and stir to blend.

Fill truffle molds halfway. Add a whole macadamia to each, then cover with the remaining mix, filling to the top.

Place in the freezer to set for 20 minutes. Remove from the freezer, and pop them out of their molds. If they aren't gobbled immediately, keep them in the fridge.

Makes about 20 truffles.

Of course you can put something other than a macadamia in the middle: a different kind of nut, 1/4 teaspoon nut butter, a frozen cherry... use your imagination, and what you've got in your pantry!

Beverages

Healthy Hot Cocoa

Fill a mug with half unsweetened coconut milk and half water. Pour in a small saucepan. Add 1 heaping teaspoon of unsweetened cocoa powder (ideally, raw and organic, which you can get from me, or from [UpgradedSelf](#)). Add xylitol or stevia to taste, the tiniest pinch of salt, a little vanilla if you're so inclined. Whisk and bring to a simmer.

Like yours with cinnamon? It's good for the metabolism! Enjoy!

Or if you are as lazy as I am, just mix everything right in your mug. Boil water, add that too, and then just add a big dollop of coconut cream from a full fat can of organic coconut milk. Delish!

If you want a super-rich cup of cocoa, use Thai Kitchen's Organic whole fat coconut milk, from the can. Or for a lighter cocoa, use SO Delicious Unsweetened Original or Vanilla in the carton.

Juice Recipes

You truly don't need a recipe for juicing, but here is my all-time favorite combination: 2 large cucumbers, a head of Romaine lettuce, one whole lemon, and about 1 inch of ginger root. See if you don't feel "lightened and brightened" after swigging some of that!

And here's my new current winter-time energy boost: 1 large cucumber (peeled if it's not organic – and I would rather use non-organic veggies that look wholesome, than droopy wilted organic ones - about 4 celery stalks, a whole lemon cut in halves, and a handful dandelion greens.



To learn more about Juicing, [read this](#)

Lemonade

My kids loved making fresh lemonade when they were little. You can find a perfectly good citrus press for just a few dollars. Then all you need is some organic lemons, some water and some xylitol or stevia to sweeten. So refreshing, alkalizing, and healthy!

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“Egg Cream”

Did you drink these when you were young, or was that just a NY phenomenon?

My updated healthy version: half seltzer, half unsweetened coconut or almond milk, some vanilla extract, and some stevia or xylitol.

Blend, and serve over ice.

You can even put a dollop of canned coconut milk on top for a creamy, healthy treat. I recommend Thai Kitchen Organic.

Sources for my favorite ingredients.

Ingredients marked with a * can be purchased from my office. You can pick up in my waiting room during office hours, if you email me the day before, or I can ship to you.

This is where I get my salt: Himalayan Pink, Celtic Grey, and Hawaiian Red. I also get some nuts, seeds and nut butter from them, as well as extraordinarily good California olive oil. They are a bit pricey, but the quality is outstanding. You can taste the difference.

This is where to get coffee*, chocolate powder*, cacao butter*, vanilla powder*, Brain Octane* and MCT Oil*, and collagen*. Why? Because they are processed impeccably, and screened to eliminate mold and mycotoxins, which can be a huge issues with coffee, cocoa and vanilla beans. These products are also all available, along with many Upgraded Self Supplements, in my office.

Looking for 80% cocoa chocolate chips? They often have sales and free shipping.

What about sweeteners? I use primarily xylitol* and liquid stevia*. For more on the subject, read this.

In general, I recommend finding local sources for pastured meat, but I confess that I love the convenience of ordering from US Wellness at 11PM and having it at my door a couple of days later. Here too, look for sales, specials and quantity discounts. I bought a small freezer and buy in bulk, for savings. It's where I get my pup's food too. She loves the Pet Burgers, which are much less expensive than buying commercially sold raw food, and my fussy eater has thrived on them!

Coconut Oil: I know you can get it anywhere and everywhere now, but the one I offer in the office is really different. Barely processed, only separated by centrifuge, it is a staple in my kitchen. For more on coconut oil, read this. My pup Lucy gets a little bit of this, too!

I stopped eating fish years ago. It just no longer felt healthy to me, and the more I read, the more convinced I was. But then I found Vital Choice, and now fish and shellfish are a part of my diet several times a week. Why? Because I know I can trust that any fish I get from them is clean and healthy. My favorites? Salmon, Halibut, Cod and Oysters!

Should everything you buy be organic? Watch this short video to understand how to decide.

Full disclosure: a few are affiliate links; some are not.

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