



Delicious JIA Family-Friendly Recipes



Blueberry Melon Smoothie

1 serving

2 minutes

Ingredients

1 cup Frozen Blueberries
1/4 Honeydew Melon (small, peeled,
seeds removed, and chopped)
1 cup Plain Coconut Milk
(unsweetened, from the carton)
1 1/2 tps Ground Flax Seed
1/4 cup Vanilla Protein Powder

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

No Protein Powder: Omit or use a few tablespoons of hemp seeds instead.

Melon: 1/4 small honeydew melon is approximately equal to one cup.



Creamy Cauliflower Soup

4 servings

1 hour

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 head Cauliflower (cut into florets)
- 2 cups Vegetable Broth
- 1 cup Water
- 1 cup Canned Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Nutmeg
- 1 Avocado (peeled and sliced)
- 2 stalks Green Onion (chopped)

Directions

- 1 Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
- 2 Add the cauliflower and cook until it browns (about 5 minutes).
- 3 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 4 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 5 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 6 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

More Flavor: Add fresh garlic, additional salt, and/or black pepper.



Beef & Cauliflower Skillet

2 servings

20 minutes

Ingredients

283 grams Extra Lean Ground Beef
1/2 Yellow Onion (chopped)
1 Zucchini (halved lengthwise, seeds removed, and diced)
2 cups Cauliflower Rice
1 tsp Italian Seasoning
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1 1/2 tsps Lemon Juice (optional)

Directions

- 1 Heat a large skillet over medium heat. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer to a bowl and drain any excess drippings from the pan if needed, leaving behind a small splash of beef fat to keep the pan greased.
- 2 Add the onion to the pan and cook for two to three minutes until just translucent. Add the zucchini and continue to cook for three to five minutes until the zucchini has softened. (Add a few drops of water to the pan if the zucchini or onions begin to stick.)
- 3 Add the beef and cauliflower rice to the pan and stir to combine with the zucchini and onion. Season with Italian seasoning, garlic powder, and salt. Continue to cook for two to three minutes or until the beef is warmed through and the cauliflower is cooked to the desired doneness.
- 4 Remove the pan from the heat and stir in the lemon juice (if using) and season with additional salt to taste. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately equal to two cups.

More Flavor: Add other dried herbs and spices to taste.

Additional Toppings: Green onion, fresh herbs, or red pepper flakes.

No Beef: Use ground chicken, turkey, or pork instead.

No Zucchini: Use red pepper or mushrooms instead.



Sea Salted Coconut Kale Chips

4 servings

20 minutes

Ingredients

4 cups Kale Leaves
2 tbsps Coconut Oil (melted)
1 tsp Sea Salt
1/2 Lemon (juiced)

Directions

- 1 Preheat oven to 350°F (177°C). Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 2 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 3 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 4 Cook in oven for 10 to 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!



Carrot & Beet Salsa

4 servings

35 minutes

Ingredients

1 Beet
1 Carrot (medium, roughly chopped)
1/2 Yellow Onion (small, roughly chopped)
1 cup Cilantro (chopped)
1 tbsp Lime Juice
1/4 tsp Sea Salt (to taste)

Directions

- 1 Bring a pot of water to a boil. Place the beet in a steamer over the boiling water and steam for 30 minutes, or until fork tender. When cool enough to handle, rub the skins off and cut into cubes.
- 2 In a food processor, combine the beet, carrot, onion, cilantro, lime juice, and salt and process until your desired consistency is reached, adding a tablespoon of water at a time, if needed. Season with more salt to taste.
- 3 Refrigerate until ready to serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1/3 cup.

More Flavor: Add tomato, peppers, jalapeno, or allspice.

Additional Toppings: Serve it with crackers, pita, plantain chips, or veggie sticks.