



20

Adaptogenic Recipes to Enhance Healing and Recovery

Includes: 5 Breakfasts, 5 Soups, 5 Desserts and 5 Snacks



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Table of Contents

About this guide	1
What are adaptogenic foods?	2
What are superfoods?	4
Where to buy ingredients	6
BREAKFAST	
Chia Seed Breakfast Pudding	8
Healing Breakfast Soup	9
Goji Overnight Oats	10
Carrot Pumpkin Muffins	11
Superfood Breakfast Parfait	12
SOUPS	
Garlic Mushroom Soup	14
Sweet Potato and Maca Soup	15
Ashwaghandha Soup	16
Chicken Zoodle Soup	17
Dairy-free Cream of Cauliflower Soup	18
SNACKS	
Tropical Green Smoothie Bowl	20
Maca Coconut Bars	21
Coconut Carob Clusters	22
No-bake Granola Bars	23
Recovery Trail Mix	24
DESSERTS	
Chocolate Chaga Mousse	26
Tart Cherry Jello	27
Hazelnut Truffles	28
Chocolate Bliss Balls	29
Superfood Biscotti	30



HEALTHY GREEN ATHLETE

About this Guide

Hey there, I'm Coach Karen.

As an athlete, nutrition coach and scientist, I am always researching and trying different foods, herbs and supplements that claim to improve some element of athletic performance. This recipe guide is the culmination of my own experience, my education in raw nutrition, and science-backed evidence regarding the benefits of certain adaptogenic and superfood ingredients.



Karen Simpson

Founder of Healthy Green Athlete

As a nutrition coach specializing in optimizing performance, I believe that everything athletes put into their bodies should be packed with as many nutrients and beneficial compounds as possible. Therefore I am a huge advocate of supplementing a healthy diet with adaptogenic foods and superfoods!

Many of the ingredients recommended in these recipes are those recommended by traditional herbal medicine and have not been evaluated by the FDA. I suggest you consult your doctor before trying them to ensure there are no harmful side effects that may interfere with your current health conditions or medications.

Assuming you have your doctor's permission, I would encourage you to be your own scientist by trying out new foods while at the same time really tuning into how they might be impacting your physical and mental health. Do your own research by using Google Scholar and reading Amazon reviews of products you're interested in buying. Many of these recipes can be easily modified to meet your dietary preferences and/or macronutrient goals and I provide some advice on how to do so for each recipe.

If you have any questions about these green smoothie recipes, please don't hesitate to reach out. My contact information is below!

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What are adaptogenic foods?

Adaptogenic foods, often referred to as herbs, are those that contain unique compounds (or phytochemicals) which have the ability to restore balance to the body, support important metabolic reactions in cells, and assist in adapting to physical and mental stress. These foods can contribute to increased strength, stamina, and stress relief. Oftentimes these compounds are isolated by the pharmaceutical industry and used in creating a variety of drugs.

The highest quality adaptogens are going to be those that are in their purest form – meaning they are both organic (free from chemicals and pesticides) and raw. The term “raw” is used to identify foods that haven’t been heated above 104 degrees Fahrenheit in order to ensure that their beneficial compounds are not altered by the cooking process. Some common adaptogenic herbs that are used throughout this recipe guide and can easily be found at most grocery stores or online include:

- [Ashwagandha](#) – a root which has been used for thousands of year for it’s restorative and rejuvenating effects. This adaptogen can help alleviate stress, anxiety, fatigue, low energy, and difficulty concentrating.
- Mushrooms – there are a variety of species of mushrooms that provide adaptogenic benefits. Compounds in medicinal mushrooms provide support to the brain and immune system, slows the process of aging, elevate energy and endurance, and help to manage physical and mental stress. Common species include: lion’s mane, reishi, cordyceps, turkey tail and chaga. I would recommend using a product that contains multiple mushroom species such as [Om Master Blend](#) or [Thrive 6 Mushroom Complex](#).
- [Holy basil](#) – an herb that supports a healthy immune system and a balanced mood. This herb has anti-histamine properties and aids in establishing hormonal balance by providing support to the adrenal glands. This adaptogen is also known for it’s blood thinning effects so do not take if that will impact your health in a negative way.



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Adaptogenic Foods. cont'd.

- [Rhodiola](#) – a root known for providing energy, endurance and stamina. Rhodiola is an excellent addition to fruity smoothies because of its delicate rose flavor.
- [Maca](#) – a root with a malty, earthy and nutty taste which promotes balance in the body (especially to the hormones!) and provides a natural boost of energy.
- [Spirulina](#) – a blue-green algae that grows in both fresh and saltwater environments and provides a wide-range of health benefits. Since it contains many essential vitamins and minerals, it can be used to support the immune system and cover nutritional deficiencies. Compounds found in this organism have been found to support heart health, provide anti-inflammatory effects, and have powerful antioxidant properties. No wonder it's been used by NASA as a dietary supplement for astronauts on space missions!



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What are superfoods?

Superfoods are foods that contain a large dose of nutrients, specifically vitamins, minerals and phytonutrients, in a single food. These nutritionally-dense foods are often plant-based, low in calories and high in fiber. The jury is out for what exact foods receive the title of “superfood” but every recipe included in this guide contains at least one superfood which meets the definition above. Examples of these foods, which can easily be found in grocery stores or on the internet, include:

- [Tart Cherries](#)

Tart cherries contain many phytonutrients that may increase strength and reduce muscle soreness, boost the immune system and lead to better sleep quality which could make them a great ingredient to include in a post-workout smoothie for promoting fast recovery.

- [Bee Pollen](#)

As bees fly from flower to flower, they create balls of pollen granules which serve as a food source for the hive. These pollen granules contain 22 essential amino acids and are full of vitamins, minerals, and antioxidant compounds.

- [Chia Seeds](#)

Chia seeds are a good source of fiber and contain a healthy dose of plant-based omega-3 fatty acids which are important for joint and heart health. They do a great job of absorbing liquid so adding them to a smoothie gives it a thicker and smoother texture.

- Dark leafy greens

When it comes to leafy greens, the darker the green the more phytonutrient-rich they are. Leafy greens such as spinach, kale, collard greens, arugula, dandelion greens, mustard greens and swiss chard are all excellent additions to any green smoothie. These vegetables are high in fiber so they support healthy digestion and contain compounds that help to eliminate toxins from cells and tissues.



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Superfoods. cont'd.

- [Cacao](#)

Dried beans from the cocoa tree is the raw form of chocolate and serves as an excellent source of fiber, magnesium and iron. This superfood can be found in a couple of different forms including raw cacao powder and cocoa nibs.

- [Flax seeds](#)

Flax seeds contain omeg-3 fatty acids, a great source of plant-protein, a good dose of fiber and phytonutrients called lignans. Lignans are plant compounds which scientists have found to have strong anti-oxidant properties which lower the risk of cancer and improve overall health. In fact, studies have show that flax seeds contain 800 times more lignans than any other plant.

- [Hemp hearts](#)

While in the Cannabis family, hemp hearts are not marijuana and do not contain THC or CBD. Hemp hearts are the soft inner part of the hemp seed and serve as a great source of protein, healthy fats, fiber and a long list of vitamins and minerals. They provide a nutty flavor to any recipe and give a thick and smooth texture to green smoothies. They provide a great source of energy and support a healthy immune and digestive system.

- [Matcha](#)

Matcha is a made from Japanese tea leaves that are harvested, air dried and then crushed into a fine powder. Scientists have that matcha contains 3 times as much epigallocatechin gallate (a green tea antioxidant) than regular green tea. Research has linked this antioxidant to increased bone strength, improved brain function, reduced blood pressure and reduction in muscle soreness. In addition to caffeine, matcha also contains the amino acid L-theanine which induces a calming sensation. That makes it a tea that can stimulate and calm at the same time!



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Where to Buy Ingredients

Most ingredients such as milk-substitutes and produce can be purchased at your local grocery store. Adaptogenic foods and superfood ingredients can often be found in the natural foods section of the grocery store, but they are usually much more expensive than you can buy them for online.

When it comes to buying specialty ingredients online, you can find them at the following places. These are my go-to online stores where I find all my ingredients at great prices.

[Thrive Market](#) – This online health-food store is my favorite place to go because it's high-quality products at near-wholesale prices. I buy all of my pantry staples here but also find many specialty ingredients that would be almost double the price in a grocery store. They do require a yearly membership which costs around \$60 (much like Costco and Sam's Club) but offer free shipping on all orders over \$50 and they often throw in free gifts for being a member. Unlike Costco and Sam's Club, Thrive Market only sells products made with real ingredients that are safe for the environment and fairly priced. Think of an online version of Whole Foods but for way less money and with a lot more perks. If you use the link below to join, you'll receive a free gift worth up to \$24 for joining.

Here is the the link to join and claim your free gift: <https://bit.ly/2SNqw1s>

[Amazon](#) – Good ol' Amazon is my backup plan for when I can't find something I need on Thrive Market. This is especially true for products that contain multiple adaptogens and superfoods in one container. I also love the reviews feature so I can read actual reviews from real people about what they liked or didn't like about a product.

If you're not satisfied with the options available in your grocery store or online you might be able to find something at a local farmer's market or you can always grow your own and make your own adaptogenic ingredients.



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BREAKFAST RECIPES

Chia Seed Breakfast Pudding

Lavender contains many calming properties which makes it great for recovery, reducing stress and anxiety, and for soothing inflammation. The first step of this recipe calls for making lavender milk which can be consumed on its own as a delicious treat. The chia seeds are another ingredient that tackles inflammation with their omega-3 fatty acids.

Makes: 1 serving

Ingredients:

- ½ cup [canned coconut milk](#) (full fat)
- ½ cup unsweetened almond milk
- ½ scoop [dairy-free vanilla protein powder](#)
- 2 TBSP [chia seeds](#)
- 2 tsp fresh or [dried lavender buds](#)
- 1 tsp [vanilla extract](#)
- 1 tsp [raw honey](#)

Directions:

1. Heat the coconut milk in a small saucepan over medium heat. Once it just starts to simmer, turn off the heat and add the lavender. Cover with a lid and let steep for 10 minutes. Strain the milk using a fine-mesh strainer, discarding the lavender but keeping the milk.
2. Add honey, vanilla extract, and salt to the milk and whisk until smooth. Let cool for 5 minutes before whisking in protein powder until smooth. (You can also use a blender for this step).
3. Put the chia seeds in a 1-pint mason jar and pour milk mixture over the seeds. Put the top on the jar and shake to make sure all seeds are coated with liquid. Set aside for 5 minutes and shake one more time.
4. If you're going to eat it now, wait another 5 minutes until chia seeds plump up. If not, put the jar in the fridge and consume within 5 days.



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Healing Breakfast Soup

Soup for breakfast? Before you skip to the next recipe, hear me out. This recipe may seem unconventional, but it's packed with high-quality protein, vitamins and minerals and can be prepared ahead of time when you're short on time. It can honestly be served any time of day but there's something extra nourishing when it's the first meal of the day.

Makes: 1 serving

Ingredients:

- 2 eggs
- 1 cup bone broth ([store-bought](#) or homemade)
- 2 tsp [coconut cream](#) (can be purchased by itself or use the top creamy part found at the top of a can of [coconut milk](#))
- Handful of fresh greens (baby spinach, kale, arugula, etc.)
- ¼ tsp turmeric
- 1/8 tsp ground ginger
- 1/8 tsp cinnamon
- Salt and pepper to taste

Directions:

1. Fill a medium-sized pot with enough water to cover 2 eggs and bring to a boil
2. While you're waiting for the water to boil, in another saucepan, bring bone broth, coconut milk, turmeric, ginger, and cinnamon to a simmer. Whisk well to incorporate all the spices, stir in the greens and then turn heat to low as you soft-boil the eggs. Broth is done when the greens have wilted.
3. To soft-boil the eggs, gently submerged eggs and allow to boil for 5 minutes for runny yolks and 6 minutes for yolks that are more gel-like.
4. Remove eggs from the boiling water and immediately submerge in cold water. Gently peel each egg, cut in half and place in a bowl with your broth.



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Goji Overnight Oats

Goji berries come from a shrub which is native to China and provide a complete source of protein, vitamins, minerals and a bunch of anti-oxidant phytonutrients. They have also been found to improve oxygen uptake and help break up lactic acid by increasing the production of lactate dehydrogenase (the enzyme responsible for breaking down lactic acid). This can ease muscle soreness and shorten recovery times during workouts.

The hemp hearts provide a nice crunch and vital nutrients needed to help the body recover such as: magnesium, fiber, zinc and iron.

Makes: 1 serving

Ingredients:

- ½ cup [gluten-free rolled oats](#) (or [hemp hearts](#) if you're following a keto protocol)
- 1 TBSP [chia seeds](#)
- 2 TBSP [dried goji berries](#)
- 1 handful fresh berries
- 1 cup unsweetened almond milk
- 1 TBSP [hemp hearts](#)
- 2 TBSP [monk fruit sweetener](#)
- 1 tsp cinnamon

Directions:

1. In a pint size jar with a lid, add all ingredients. Secure the lid and shake for 10 seconds until combined.
2. Place in the fridge for 4-8 hours.



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Carrot Pumpkin Muffins

These carrot pumpkin muffins are loaded with the phytonutrient beta-carotene which plays a role in eliminating free radicals that break down collagen (a protein in connective tissue). Also included in this nutrient-dense recipe is maca, a root that contains amino acids which help with muscle regrowth and recovery. Maca also contains compounds which help the body naturally produce human growth hormone – important for anti-aging and maintaining lean muscle mass.

Makes: 12 muffins

Ingredients:

- 2 cups [almond flour](#)
- 1 TBSP [maca powder](#)
- 1 TBSP [pumpkin pie spice](#)
- 1 tsp [baking soda](#)
- ½ cup [monk fruit sweetener](#)
- 3 large eggs
- 1 cup [pumpkin puree](#)
- 2 TBSP [coconut oil](#), melted
- 1 tsp [vanilla extract](#)
- 1.5 cups grated carrots

Directions:

1. Preheat oven to 350 degrees. Line a 12-cup muffin pan or grease with cooking spray.
2. In a medium bowl, whisk together dry ingredients (except for carrots) and set aside.
3. In another bowl, combine wet ingredients and whisk until blended. Add wet ingredients to dry ingredients and stir until combined.
4. Gently fold in carrots.
5. Fill muffin cups about ¾ full.
6. Bake 25 to 30 minutes until tops are golden brown and a toothpick inserted into the center comes out clean.
7. Remove from oven. Cool for 5 minutes.
8. Remove from muffin pan. Cool completely on a wire rack.



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Superfood Breakfast Parfait

This dairy-free breakfast parfait is so delicious that it doesn't even seem healthy. The recipe below makes 1 serving but I would recommend doubling or tripling the ingredients to make a larger batch so you can have leftovers – you'll thank me later!

Makes: 1 serving

Ingredients:

- ½ cup unsweetened almond milk
- 2 TBSP [chia seeds](#)
- 1 tsp [vanilla extract](#)
- 1 TBSP [monkfruit sweetener](#)
- 1 TBSP [almond butter](#), softened
- 2 TBSP [chopped pecans](#)
- 2 TBSP [pumpkin seeds](#)
- 2 TBSP [hemp hearts](#)
- 2 TBSP [unsweetened shredded coconut](#)
- 4 TBSP [coconut oil](#), melted
- ½ cup frozen peaches (or other desired fruit)
- 1 more TBSP of [monkfruit sweetener](#)
- 1 tsp cinnamon
- 1 more tsp [vanilla extract](#)
- Pinch of salt

Directions:

1. Make the chia pudding by combining milk, monk fruit sweetener, 1 tsp of vanilla extract and chia seeds and setting aside.
2. Preheat oven to 300 degrees and line a baking sheet with parchment paper.
3. Stir together ingredients to make granola (almond butter (softened), pecans, pumpkin seeds, hemp hearts, shredded coconut and 2 TBSP coconut oil) and spread out in an even layer on the baking sheet. Bake for about 30 minutes or until brown around the edges.
4. While the granola is cooking, heat 2 TBSP coconut oil in a medium skillet to medium heat and add frozen peaches. Be careful because it may splatter! Once frozen fruit starts to soften, add monk fruit sweetener, cinnamon, 1 tsp vanilla extract and a pinch of salt. Continue to cook, stirring often, until fruit is soft.
5. In a jar or parfait glass, assemble your parfait with a layer of chia pudding, granola and fruit topping. Repeat the layers until all ingredients are gone. Enjoy!



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SOUP RECIPES

Garlic Mushroom Soup

This nourishing soup contains some of the most powerful adaptogens studied to date: mushrooms. There are three different species of mushrooms in this recipe which aid in oxygen efficiency, help the body adapt to stress and optimize muscle recovery. Feel free to experiment with different types of adaptogenic mushrooms such as: turkey tail, lion's mane, and chaga.

Makes: 4 servings

Ingredients:

- 1 tsp [avocado oil](#)
- 2 cups crimini mushrooms, quartered
- 2 large shitake mushrooms, sliced
- Pinch of [pink Himalayan salt](#)
- ½ large white onion, diced
- 4 garlic cloves, minced
- 2 cups [bone broth](#)
- ½ cup [dried reishi mushrooms](#), ground
- 2 carrots, peeled and grated
- 2 TBSP fresh ginger
- 1 bay leaf
- 3 cups kale

Directions:

1. Clean and cut mushrooms and set aside.
2. In a large skillet over medium heat, add avocado oil and fresh mushrooms. Sprinkle with salt, stir, spread into an even layer and then leave alone for about 3 minutes. Then start to stir occasionally as the mushrooms start to release liquid.
3. Add onion to the skillet and stir. Cook until onions are tender and translucent. Add garlic and sauté for 1 minute.
4. In a large stock pot or slow cooker, add bone broth, reishi powder and spices. Then add contents of the skillet.
5. If using a stock pot, bring to a boil and then simmer for 1 hour. If using a crockpot, cook on low for 1 hour.
6. Just before serving, stir in kale until wilted. Season with salt and pepper and enjoy!



HEALTHY GREEN ATHLETE

Sweet Potato and Maca Soup

This soup contains bone broth and maca which are excellent foods to assist with healing and recovery because they are jam packed with essential vitamins and minerals. This soup also contains a good dose of complex carbs from the sweet potatoes, healthy fats from coconut and avocado, and electrolytes from the pink Himalayan salt. You can modify this soup by experimenting with different vegetables and/or spices.

Makes: 6 cups

Ingredients:

- 4 large sweet potatoes, halved
- 2 TBSP [avocado oil](#)
- 2 TBSP [coconut oil](#)
- 1 medium yellow onion, finely diced
- 2 stalks of celery, finely diced
- 3 garlic cloves, grated
- 1 tsp ground ginger
- ½ tsp ground cumin
- 2 TBSP [maca powder](#)
- 1 TBSP [pink Himalayan salt](#)
- 3 cups [bone broth](#)
- 1 can [coconut milk](#) (full fat)
- ¼ cup [almond butter](#)
- Salt and pepper to taste

Directions:

1. Coat sweet potatoes with coconut oil and roast on a parchment lined baking sheet for about 30 minutes at 400 degrees. Once sweet potatoes are cooked through, discard peels and mash in a bowl.
2. While sweet potatoes are roasting, heat a large saucepan over medium heat. Add avocado oil, diced onion and celery. Cook for 5 minutes, stirring occasionally. Add garlic, maca and spices. Cook and stir constantly for 1 minute.
3. Add bone broth, almond butter and coconut milk and turn heat down to a simmer. Continue to simmer until potatoes are ready.
4. Whisk in mashed sweet potatoes and season with salt and pepper.



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Ashwagandha Soup

Ashwagandha (pronounced ash-wa-gand-a) is not only a fun word to say, it also makes for a great recovery soup ingredient. This thick and creamy soup helps to soothe inflammation and helps the body recover after enduring stress. Pair this soup with a healthy protein option and you have a perfect meal.

Makes: 4 servings

Ingredients:

- 1 tbsp [coconut oil](#)
- 1 yellow onion, diced
- 2 garlic cloves minced
- 1 tsp fresh ginger, grated
- 2 carrots, chopped
- 1 red bell pepper, chopped
- 2 celery stalks with leaves, chopped
- 1 lemon, juiced
- ½ head of cauliflower, chopped (or 2 cups pre-packaged cauliflower rice)
- 1 14.5oz can diced tomatoes
- 1 tsp cumin
- 2 tsp turmeric powder
- 3 cups [bone broth](#)
- ½ cup [coconut cream](#)
- 2 TBSP [ashwagandha root powder](#)
- Black pepper and [pink Himalayan salt](#) to taste

Directions:

1. In a large sauce pot over a medium-high heat, melt the coconut oil and sauté the onion. When the onions start to soften, add garlic, ginger, cumin, lemon juice, turmeric, salt, pepper, celery, carrots and red bell pepper. Sauté for 5 minutes stirring occasionally to prevent sticking.
2. Add in cauliflower and tomatoes, season with salt and pepper and cook for a few minutes before adding the broth. Turn down the heat to a simmer. If the broth doesn't completely cover the vegetables, add water until it does.
3. Before putting the lid on add the ashwagandha powder and give it a good stir. Put the lid on and let it simmer for 15-20 minutes until everything is soft.
4. You can stop there and serve or blend for a smoother texture.



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Chicken Zoodle Soup

This spin on the classic soup is packed with nutrients, protein and the adaptogen, astragalus. This adaptogen is anti-inflammatory, nutrient-rich and immune-boosting which makes it a great food for healing and recovery. This recipe calls for spiralized zucchini to give the “noodle” effect but you can also use chopped zucchini if you prefer.

Makes: 4 servings

Ingredients:

- 2 TBSP [avocado oil](#), divided
- 1 pound chicken breast, cut into bite ½” chunks
- 3 cloves garlic, minced
- 1 onion, finely chopped
- 3 carrots, chopped
- 2 stalks of celery, diced
- ½ tsp dried thyme
- ¼ tsp dried rosemary
- 1 tsp [astragalus extract powder](#)
- 4 cups [chicken bone broth](#)
- 1 cup water
- 1 bay leaf
- 1 pound (3 medium-sized) zucchini, spiralized
- Juice of ½ lemon
- Black pepper
- [Pink Himalayan salt](#)

Directions:

1. Heat 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat.
2. Add chicken to the stockpot, season with salt and pepper and cook until golden, about 2-3 minutes; set aside.
3. Add remaining 1 tablespoon of oil to the stockpot and add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme, rosemary and astragalus and cook for another minute.
4. Whisk in chicken bone broth, bay leaf and 2 cups water; bring to a boil. Stir in zucchini noodles and chicken; reduce heat and simmer uncovered for about 5 minutes or until zucchini is tender.
5. Stir in lemon juice and season with salt and pepper, to taste.



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Dairy-free Cream of Cauliflower Soup

This soup is dairy-free but it's still dreamy, creamy and cauliflower-y. The bone broth, turmeric and ashwagandha all help with soothing inflammation and the shatavari helps the body cope with emotional and physical stress.

Makes: 4 servings

Ingredients:

- 1 head cauliflower, chopped (or 4 cups store-bought cauliflower rice)
- 3 TBSP [avocado oil](#)
- 2 tsp [pink Himalayan salt](#), divided
- ½ teaspoon black pepper
- 1 medium onion, finely chopped
- 1 inch fresh ginger, peeled and minced
- 1 inch fresh turmeric, peeled and minced
- 1 cup full-fat [coconut cream](#)
- 4 cups [bone broth](#)
- 1 teaspoon [shatavari powder](#)
- ½ teaspoon [ashwagandha powder](#)
- Juice from ½ lemon

Directions:

1. Preheat the oven to 400° F. Toss the cauliflower with half the oil and half the salt. Spread evenly on a rimmed baking sheet and roast for 30 minutes for fresh cauliflower and 15 minutes for store-bought cauliflower rice. Cook until tender when pierced and just beginning to brown.
2. Meanwhile, heat the rest of the oil in a large pot set over medium heat. Sauté the onions, ginger and turmeric with the other half of the salt and black pepper until soft. Add the roasted cauliflower, the coconut cream and bone broth and simmer for 5-10 minutes. Add the shatavari, ashwagandha and lemon juice. Mix thoroughly.
3. Optional: blend before serving to make extra smooth and creamy.



HEALTHY GREEN ATHLETE

SNACK RECIPES

Tropical Green Smoothie Bowl

This smoothie bowl is high in vitamins, minerals and phytonutrients that aid the body in healing and recovering on rest days, after an injury or an intense workout. The reishi mushroom and maca powders provides an additional nutrition boost with their adaptogenic powers that help the body adapt to and recover from stress .

Makes: 1 servings

Ingredients:

Smoothie:

- 1/4 ripe avocado
- ½ cup frozen pineapple
- ½ frozen banana
- 1 large handful of baby spinach
- 1 cup unsweetened non-dairy milk
- 1 Tbsp flaxseed meal
- 2 Tbsp creamy [almond butter](#)
- Dash of [pink Himalayan salt](#)
- 1 tsp [reishi mushroom powder](#)
- 1 TBSP [maca powder](#)

Toppings:

- 1 TBSP [hemp hearts](#)
- 1 TBSP [chia seeds](#)
- 1 TBSP [sunflower seeds](#)
- 1 TBSP [unsweetened shredded coconut](#)
- 1 TBSP [cocoa nibs](#)

Directions:

1. Blend all smoothie ingredients together until smooth.
2. Transfer to a bowl and add desired toppings.



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Maca Coconut Bars

These nutritional powerhouse bars can literally be eaten at any time of day. The maca, goji berries and aloe vera powder are the two ingredients in that recipe that help with recovery while the other ingredients provide a good source of fuel, vitamins and minerals.

Makes: about 8 servings

Ingredients:

- 2 TBSP [maca powder](#)
- 2 TBSP [dried goji berries](#)
- 1 tsp [aloe vera powder](#)
- 1 cup [macadamia nuts](#)
- 1 cup [medjool dates](#)
- ½ cup [shredded coconut](#)
- 1 TBSP [coconut oil](#)
- 1 TBSP [cocoa powder](#)
- ½ tsp [vanilla extract](#)

Directions:

1. Mix all ingredients in a food processor or blender until a dough forms.
2. Transfer to a baking dish or cake pan, press down to form a single, even layer.
3. Place in the freezer for an hour to set before servings.
4. Store leftovers in the fridge.



HEALTHY GREEN ATHLETE

Coconut Chai Clusters

These delicious chai-spiced treat provides healthy phytonutrients that will leave you feeling calm, cool and collected. You can omit the chai spice if you're not a fan of the flavor and maybe try a different spice blend instead – pumpkin pie or apple pie spice, perhaps?

Makes: about 8 servings

Ingredients:

- ¼ cup [pumpkin seeds](#)
- ½ cup sliced almonds
- ¼ cup [cacao nibs](#)
- 2 TBSP [hemp hearts](#)
- 1.5 cups [unsweetened coconut flakes](#)
- ¼ tsp [Chai Spice mix](#)
- ¼ cup [chia seeds](#)
- 2 TBSP [coconut oil](#), melted
- 2 TBSP [almond butter](#), melted
- ¼ cup honey or [real maple syrup](#)

Directions:

1. Line a baking sheet with parchment paper.
2. Add dry ingredients to a bowl.
3. In a small saucepan, add almond butter, coconut oil and maple syrup and warm on low heat. Whisk often to prevent sticking.
4. Once the almond butter mixture is smooth and creamy, pour over the dry ingredients and toss until coated.
5. Using a spoon or your fingers, form small clusters and place on the baking sheet.
6. Place in the freezer for about an hour before serving. Store any leftovers in the fridge.



HEALTHY GREEN ATHLETE

No-bake Granola Bars

These easy-to-make granola bars contain the mighty rhodiola and Schisandra berries which are often used in traditional medicine to promote recovery after surgery. They have also been found to lower lactic acid in muscles. Fun fact: the Schisandra berry is said to contain all 5 tastes, including sweet, sour, salty, bitter and pungent).

Makes: about 8 servings

Ingredients:

- 1 $\frac{3}{4}$ cups oats
- 1 tsp cinnamon
- 1 tbsp [rhodiola extract powder](#)
- $\frac{1}{2}$ tsp sea salt
- 1 cup creamy [unsalted almond butter](#)
- $\frac{1}{2}$ cup [maple syrup](#) (or honey)
- 1 tsp [vanilla extract](#)
- $\frac{1}{4}$ cup [cacao nibs](#)
- $\frac{1}{4}$ cup [sunflower seeds](#)
- $\frac{1}{4}$ cup [dried unsweetened cranberries](#)
- $\frac{1}{4}$ cup [Schisandra berries](#)

Directions:

1. Line a baking dish with parchment paper.
2. Place the oats, cinnamon, rhodiola extract powder and salt in a bowl. Add cocoa nibs, sunflower seeds, dried cranberries and Schisandra berries.
3. In a separate bowl, combine almond butter, maple syrup and vanilla extract and mix until smooth.
4. Pour the liquid ingredients over the dry ingredients and mix well. I would recommend using your hands to do this.
5. Once the dry ingredients are coated by the wet ingredients, transfer to the baking dish and press down VERY firmly into one single layer.
6. Place in the refrigerator for at least an hour to set (overnight if time allows). Once set, remove baking dish from the fridge and cut into bars.
7. To store them, try to make sure they aren't touching one another since they will stick together. Use beeswax paper or parchment paper to keep them separated.



HEALTHY GREEN ATHLETE

Recovery Trail Mix

This trail mix is a nutritional punch to the gut. It contains high-quality protein from the collagen, adaptogens from the ashwagandha and goji berries, electrolytes from the pink Himalayan salt and phytonutrients from the nuts and seeds. It also makes a convenient healthy snack to consume right after a workout or between meals on rest days. Feel free to experiment with different types of nuts, seeds and dried fruits.

Makes: about 8 servings

Ingredients:

- 1 cup pistachios, roughly chopped
- 1 cup [pecans](#), roughly chopped
- ½ cup [goji berries](#)
- 1 cup [coconut flakes](#)
- 1 teaspoon pink Himalayan salt
- 1/2 teaspoon ground cinnamon
- 2 tablespoons [collagen peptides](#)
- 1 teaspoon [ashwagandha powder](#)
- 2 tablespoons [coconut oil](#)
- ¼ cup pure [maple syrup](#) (or raw honey)

Directions:

1. Preheat oven to 300 degrees.
2. Toss all nuts, seeds and coconut together in the bowl.
3. Add the salt, cinnamon, collagen and ashwagandha and mix well.
4. Drizzle with the coconut oil and maple syrup and mix well.
5. Spread the granola mixture on a baking sheet and place in the oven.
6. Bake for 30 to 35 minutes, tossing the mixture every 10 minutes.
7. Remove granola from the oven and let cool before transferring to an airtight jar.



HEALTHY GREEN ATHLETE

DESSERT RECIPES

Chocolate Chaga Mousse

The chaga mushroom is considered to be the “king” of all medicinal mushrooms because of the long list of health benefits it provides. It is commonly used to help balance the body’s immune system and was even used in World Wars I and II as a coffee substitute. As an adaptogen, it also helps the body respond to physical, emotional and mental stress, and helps soothe inflammation. Specifically, chaga has been found to help manage DOMS (delayed onset muscle soreness) which is experienced 1-2 days after strenuous exercise.

Makes: 4 servings

Ingredients:

- 2 ripe avocados
- 2 tsp [chaga powder](#)
- ¼ cup [maple syrup](#)
- ¼ cup [cocoa powder](#)
- ½ tsp [vanilla extract](#)
- 4 TBSP [coconut cream](#)
- 1 TBSP [coconut oil](#)
- 1/8 tsp [pink Himalayan salt](#)

Directions:

1. Combine all ingredients in a blender or food processor until completely smooth.



HEALTHY GREEN ATHLETE

Tart Cherry Jello

This recipe is one of my favorites because it's refreshing, delicious and packed with nutrients to help my body heal. I've added tart cherry extract to this recipe which contains powerful compounds that help with soothing inflammation and joint health. I've also added my favorite electrolyte powder to boost flavor, sweetness, and hydration. Since I'm using electrolytes that have a natural sweetener in them, I don't add additional sweetener but you certainly can. The gelatin provides a good source of protein to help muscles recover from training. This is how I usually make it but this jello can also be made with tart cherry juice instead of tart cherry extract and/or your favorite flavor of electrolytes.

Makes: 4 servings

Ingredients:

- 4 cups of water
- 2 TBSP [beef gelatin powder](#)
- 1 scoop [Ultima Cherry Pomegranate Electrolytes](#)
- 1 tsp [tart cherry extract](#)

Directions:

1. Add $\frac{3}{4}$ cup of room temperature water to a bowl and sprinkle with gelatin.
2. While gelatin is blooming, whisk together to combine and let sit for 3-5 minutes for the gelatin to "bloom".
3. Pour the rest of the water into a saucepan and heat until almost boiling.
4. Remove from heat and stir in electrolyte powder and tart cherry extract.
5. Stir to dissolve.
6. Pour into a baking dish, bowls or a glass container.
7. Refrigerate, uncovered, for about 4 hours until set. (I like to give mine at least 8 hours before eating.) Once set you can place a cover over the container to keep it fresh.



HEALTHY GREEN ATHLETE

Hazelnut Truffles

These decadent truffles contain the adaptogens ashwagandha and maca which boost the immune system, improve oxygen efficiency and balance our stress-related hormones.

Makes: 8 servings

Ingredients:

- 3.5 cups [raw hazelnuts](#)
- ¾ cup full fat [coconut milk](#)
- ½ cup [raw cocoa powder](#)
- ½ cup [maple syrup](#) or honey
- 2 tsp [maca powder](#)
- ½ tsp [ashwagandha powder](#)
- 2 TBSP [cocoa nibs](#)
- pinch sea salt

Directions:

1. Roast the hazelnuts for 12-13 minutes on a sheet pan in the oven at 350 degrees. Let cool slightly then rub the skins off as best you can with a clean dish towel. (Or you can cheat and buy hazelnuts already roasted [here](#).)
2. Add the roasted hazelnuts to a food processor or high speed blender and blend until a dough is formed (just past crumbly but before nut butter). Scrape down the sides of the blended hazelnuts as needed.
3. Then add the coconut milk, cacao powder, maple syrup, maca, ashwagandha and sea salt to the processor and blend until combined. Taste and adjust with more maple syrup or sea salt if desired. Put the dough (it should be sticky) in the fridge and let it set for a minimum of 25 minutes.
4. Place cocoa nibs in a small bowl. Once the dough is firm enough to roll into balls, roll with your hands into your desired size and role in the nibs. Serve immediately and keep any leftovers in the in the fridge until ready to eat. Enjoy!



HEALTHY GREEN ATHLETE

Chocolate Bliss Balls

This blissful recipe contains reishi mushroom and goji berries, along with healthy fats and plenty of vitamins and minerals to help rejuvenate cells and ease muscle soreness.

Makes: 8 servings

Ingredients:

- 15 [medjool dates](#)
- 2 TBSP [goji berries](#)
- ½ cup cashews
- ½ cup walnuts
- 2 TBSP [reishi mushroom powder](#)
- 1 TBSP [coconut oil](#), melted
- ½ cup [raw cocoa powder](#)
- 2 TBSP honey
- Extra cacao for coating

Directions:

1. First start by separately soaking the dates, goji berries and the cashews for ten minutes.
2. Next, in your food processor blend the cashews, walnuts, and the dates until combined
3. Now add in the coconut oil, the honey, the raw cacao, the reishi mushroom powder and blend again until you get a smooth texture. You may have to scrape the sides from time to time because the batter should be thick enough at this point
4. Place the mix in the fridge for 30 to 60 minutes to harden. Then using a tablespoon, scoop out the mix and roll into a ball.



HEALTHY GREEN ATHLETE

Superfood Biscotti

This delicious biscotti is made with goji berries and rhodiola to help with recovery. You can change up the types of nuts and add another type of dried fruit if desired. For an adaptogenic boost, serve it with you're a matcha, turmeric or mushroom latte.

Makes: about 20 cookies

Ingredients:

- 1 $\frac{3}{4}$ cups almond flour
- 1 tsp baking powder
- $\frac{1}{4}$ tsp [pink Himalayan salt](#)
- $\frac{2}{3}$ cup [monkfruit sweetener](#)
- 3 large eggs
- 2 TBSP [avocado oil](#)
- 2 tsp [vanilla extract](#)
- $\frac{1}{2}$ tsp [almond extract](#)
- 1 mL (30 drops) of [liquid rhodiola extract](#)
- $\frac{3}{4}$ cup chopped nuts (pistachios, almonds, [macadamia](#), etc)
- $\frac{1}{2}$ cup dried [goji berries](#)

Directions:

1. Preheat your oven to 300degrees and line a baking sheet with parchment paper.
2. In one bowl, whisk together the flour, baking powder and salt. In a second bowl, beat the sugar, eggs, oil and extracts.
3. Using a spatula, mix the dry ingredients into the wet until they are incorporated. Fold in nuts and goji berries.
4. Scoop half the batter out of the bowl with your spatula and lay it on your baking sheet, dragging it into a loaf about 3 inches wide and 1 inch tall. Repeat with the second half.
5. Bake for 35 minutes until the tops are lightly golden. Remove from the oven and gently set the biscotti tubes (still on the parchment) on a cooling rack for 10 minutes. Lower the oven temp to 275 degrees.
6. Transfer the biscotti to a cutting board and diagonally cut into 1-inch slices.
7. Lay the cut sliced biscotti back on the parchment lined baking sheet, cut side up, and bake at 275F for 10 minutes. Flip and then bake for another 10 minutes.



HEALTHY GREEN ATHLETE

Feedback wanted!

Did you love one of these recipes or was there one that you just couldn't finish because it was so gross?

I'm always open to feedback so I'd love to hear your thoughts, good or bad, on any of the smoothie recipes in this guide. Any feedback will score you a 10% off coupon code to use on any Healthy Green Apparel!

Here's how you can share:

- Take a photo of your selfie and upload to Instagram. Make sure to tag @healthygreenathlete!
- Email me at karen@healthygreenathlete.com and tell me if there's anything you would change about the recipe.
- Send me a message on Facebook:
www.facebook.com/healthygreenathlete

Hope to hear from you soon!



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