



Spring Recipe Book

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FULLY ALIVE NUTRITION

Hello!

Thanks for downloading my Spring Recipe eBook! This eBook will help you prepare delicious, healthy, seasonal foods.

Did you know that eating seasonally has multiple benefits? Here are a few:

- Food is more nutritious and flavorful (it's fresh and grown in the conditions it prefers)
- Helps diversify our diet - and a diverse diet supports a diverse microbiome - very important for overall health - including immune health!
- In-season food is usually cheaper
- Buying seasonally supports your local food producers
- It's better for the environment (less transportation, storage, chemicals, and pesticides)

So what's in season this Spring?

Spring Vegetables: Artichoke, arugula, asparagus, broccoli, carrots, chard, collard greens, fava beans, fennel, green onions, kale, lettuce, mushrooms, new potatoes, radishes, rhubarb, spinach, spring peas, watercress, zucchini.

Spring Fruits: avocado, banana, cherries, kiwi, pineapple, strawberries

Spring Herbs: mint, parsley, chives

I hope you enjoy this Spring Recipe eBook and all the wonderful produce Spring has to offer!

In health,

Kristin



Green Pineapple Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Pineapple
1 cup Baby Spinach
3/4 cup Water
1/2 Apple (peeled and chopped)
1/4 Cucumber (chopped)
1/2 Lime (juiced)

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

NO SPINACH

Use kale instead.

CONSISTENCY

For a thicker smoothie add some ice cubes.

Baked Strawberry Rhubarb Oatmeal

4 SERVINGS 50 MINUTES



INGREDIENTS

2 cups Strawberries (sliced)
1 cup Rhubarb (diced)
3 tbsps Maple Syrup (divided)
3/4 cup Unsweetened Almond Milk
1 Egg
1 1/2 cups Oats
2 tps Cinnamon
1/3 cup Pecans (chopped)

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Place strawberries, rhubarb and half your maple syrup in a mixing bowl. Toss well and spread across the bottom of a lightly greased square baking pan.
- 02 In another mixing bowl, whisk together the milk, egg and remaining maple syrup. Stir in the oats and cinnamon. Stir until well mixed.
- 03 Pour the oat mixture evenly across the strawberry and rhubarb in the pan. Sprinkle chopped pecans across the top and bake in the oven for 40 minutes. Enjoy while it's hot!

NOTES

BAKING PAN

This recipe was developed and tested using an 8x8 size baking pan.

Stone Fruit Salad with Cottage Cheese

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tbsp Basil Leaves (chopped)

DIRECTIONS

- 01 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO FRESH FRUIT

Use frozen, thawed fruit instead.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

ADDITIONAL TOPPINGS

Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.

Berry & Quinoa Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, uncooked)
1 cup Strawberries (chopped)
1 cup Blueberries (chopped)
1 tbsp Mint Leaves (chopped, optional)
3 tbsps Balsamic Vinegar
1 1/2 tbsps Maple Syrup
1 1/2 tpsps Dijon Mustard
1 head Romaine Hearts

DIRECTIONS

- 01 Cook the quinoa according to the package directions. When the quinoa is cooked, let it cool.
- 02 Meanwhile, in a mixing bowl combine the strawberries, blueberries and mint, if using.
- 03 In a jar with a lid, add the balsamic vinegar, maple syrup and dijon mustard and shake until well combined.
- 04 To assemble the salad, divide the lettuce between bowls and top with the quinoa and then the berries. Drizzle with the balsamic dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Assemble the salad just before serving.

MORE FAT

Add extra virgin olive oil to the dressing or top the salad with avocado or hemp seeds.

MORE PROTEIN

Add chickpeas, lentils or cooked chicken breast.

MORE VEGGIES

Add chopped cucumber or bell pepper.

NO MINT

Use basil or parsley instead.

NO ROMAINE

Use baby spinach or other lettuce instead.

QUINOA

Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. A 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.

Lemon Butter Penne with Broccoli

2 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Brown Rice Penne (uncooked)
3 cups Broccoli (sliced into florets)
2 tbsps Butter
1/2 Lemon (juiced)
1/3 cup Hemp Seeds
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Fill a medium-sized pot with water and bring to a boil. Add the pasta and cook as per the directions on the package.
- 02 In the last two minutes of cooking the pasta, add the broccoli to the pasta water. Drain the pasta and broccoli, then return it to the pot.
- 03 Add the butter, lemon juice, and hemp seeds to the pasta and broccoli. Stir well to coat. Season with sea salt and black pepper, divide between plates and enjoy!

NOTES

MORE PROTEIN

Use chickpea or a bean-based pasta, or top with sliced chicken breast.

DAIRY-FREE

Use olive oil instead of butter.

Slow Roasted Salmon with Citrus

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1/2 bulb Fennel (cored, thinly sliced)
- 1 Navel Orange (thinly sliced)
- 1 Lemon (thinly sliced)
- 1/4 tsp Sea Salt (divided)
- 1 lb Salmon Fillet
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Parsley (finely chopped)

DIRECTIONS

- 01 Preheat the oven to 300°F (149°C).
- 02 In an oven-safe baking dish, add the fennel, orange, lemon and half the sea salt and mix to combine. Place the salmon on top and season with the remaining salt. Pour the extra virgin olive oil over the top of everything and place in the oven for 30 to 35 minutes or until the salmon is cooked to your liking.
- 03 Remove from the oven and add parsley. Divide between plates, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes for some spice.

NO PARSLEY

Use another fresh herb such as dill, chives or cilantro.

Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



INGREDIENTS

- 10 ozs Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge up to three days.

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.

Pork Fried Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Coconut Aminos
- 2 tbsps Lime Juice
- 2 tbsps Water
- 4 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated)
- 1 lb Lean Ground Pork
- 1/4 tsp Sea Salt
- 1 Yellow Onion (chopped)
- 6 cups Baby Spinach (chopped)
- 3 cups Cauliflower Rice
- 1/2 cup Cilantro (chopped)

DIRECTIONS

- 01 In a small mixing bowl combine the coconut aminos, lime juice, water, garlic and ginger. Set aside.
- 02 Heat a large skillet over medium-high heat and brown the pork, breaking it up into small pieces as it cooks. Once it's cooked through, remove excess drippings from the pan and season the pork with the salt.
- 03 Add the onion in with the pork and sauté until the onion just starts to soften, about 5 minutes. Stir in the spinach until it is wilted.
- 04 Add your previously mixed sauce into the skillet and let it simmer for 3 to 5 minutes.
- 05 Add the cauliflower rice to the skillet and stir to combine. Cook for 1 minute for crunchier cauliflower and up to 5 minutes for a softer texture.
- 06 Stir in the cilantro. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sesame oil and red pepper flakes to the sauce.

ADDITIONAL TOPPINGS

Top with green onion, sesame seeds, hot sauce or extra cilantro.

NO PORK

Use ground turkey or ground chicken instead.

NO COCONUT AMINOS

Use tamari or soy sauce (gluten-free if needed) instead.

Steamed Artichokes with Aioli

2 SERVINGS 30 MINUTES



INGREDIENTS

- 4 Artichoke
- 1/4 cup Mayonnaise
- 1 tsp Lemon Juice
- 1/4 tsp Dijon Mustard

DIRECTIONS

- 01 Prepare your artichokes by trimming the tips and excess stem. Snip the spiky ends of the leaves. Rinse under running water, using your thumbs to gently open up the leaves.
- 02 Bring 2 to 3 inches of water in a pot to a boil. Insert a steaming basket and add the artichokes. Cover with a lid, lower the heat to a simmer and steam for about 30 minutes, or until the leaves peel off easily.
- 03 Meanwhile, stir the mayonnaise, lemon juice and dijon mustard in a small bowl.
- 04 Enjoy by peeling the artichoke leaves and dip the fleshy end into the mayonnaise. Use your teeth to scrape the flesh and discard the remaining leaf. Repeat until you reach the fuzzy choke. Scrape out and discard this part. Find the artichoke heart underneath and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add garlic, lemon, bay leaves or other aromatics to the boiling water while steaming the artichokes.

MAKE IT VEGAN

Use vegan butter, tamari or balsamic vinegar instead of a mayonnaise dip.

One Pan Steak, Asparagus & Mushrooms

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 **tsps** Extra Virgin Olive Oil (divided)
- 1 **lb** Top Sirloin Steak
- 1/4 **tsp** Sea Salt (divided)
- 2 **cups** Asparagus (woody ends trimmed)
- 12 **Cremini** Mushrooms (sliced)

DIRECTIONS

- 01** Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 02** Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 03** Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 04** Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPING

Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

Classic Virgin Mojito

4 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Maple Syrup
1/2 cup Mint Leaves
15 Ice Cubes
2 tbsps Lime Juice
1 1/4 quarts Soda Water

DIRECTIONS

- 01 Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
- 02 Divide between glasses and enjoy!

NOTES

LEFTOVERS

Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

MORE FLAVOR

Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.

Chocolate Strawberry Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NO PROTEIN POWDER

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

LIKE IT SWEET?

Add a drizzle of maple syrup or honey.

ADDITIONAL TOPPINGS

Add granola, hemp seeds, or cacao nibs on top for crunch.

NO COCONUT MILK?

Any type of milk can be used in this recipe. Adjust amount to get your desired pudding texture!