



Harmonic Recipes Collection

Healthy Snacks



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Edamame Hummus



Packed with protein, chlorophyll and healthy fats, this beautiful green dip makes a perfect snack or a full meal. Pair it with crudité's or try it thinned and poured over lightly steamed vegetables. Add it to a lemon and olive oil vinaigrette and serve over a tossed leafy salad. The possibilities are endless!

16 oz. fresh or frozen edamame beans (young soy beans)
1 teaspoon sea salt
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon ground ginger (you can add fresh ginger if you like for more of a kick)
1/2 teaspoon ground paprika
4 tablespoon extra virgin olive oil
3 tablespoons raw tahini (ground sesame seed butter)
4 tablespoons freshly squeezed lemon or lime juice

3 cloves of garlic

1 cup fresh cilantro, include stalks as these have the strongest flavor of the plant. (you can use any herb you like, fresh parsley, basil etc.)

Water to achieve desired consistency

Lightly steam edamame beans for only 5 minutes to keep as much of their nutritional value as possible. Set aside to cool.

In a food processor or blender add all other ingredients except water and add cooled edamame beans.

Blend until it has formed a smooth paste, adding water, a little at a time until you have the consistency you desire.

For a really fabulous alternative try this:

Replace two of the tablespoons of olive oil with two tablespoons of warmed coconut oil and mix in the same way.

Place in the fridge to cool for about an hour. It will have a more set consistency like cream cheese.

Yield: 2 - 2 1/2 cups

Pumpkin Peanut Butter Dip



So easy, kids can make this yummy snack dip.

1 cup cooked canned organic pumpkin

3/4 cup organic peanut butter

1 cup organic brown sugar

1 tsp. organic pure vanilla

Mix all together until well blended. Serve with apple slices, bread, celery sticks, crackers, etc. A fast and easy idea for a party potluck dish.

Roasted Pumpkin Seeds



Don't toss those seeds after carving a pumpkin! Make them into this easy and irresistible any-time snack.

Cut open pumpkin and remove seeds from the stringy stuff. Don't bother to wash them, just place the seeds right onto a lightly oiled cookie sheet. Sprinkle with sea salt and bake at 350 degrees for 10-15 minutes or until lightly browned. It doesn't take long to roast the seeds, so keep a close eye on them. Enjoy!

Green Goodness Smoothie

The most beautiful color of green you've ever seen and very tasty.

2 – 3 cups fresh spinach

4 – 5 fresh or frozen strawberries

2 cups ice

1 – 2 cups soy milk or rice milk or water

1 scoop (1 tsp.) Essante Earth Greens powder

Agave nectar or honey to sweeten, if desired, or add a frozen banana

Pour soy milk into heavy-duty blender or Vita-Mix and add the rest of the ingredients. Blend on high until smooth and creamy. Adjust sweetener and ice as desired. Serve immediately. Serves 3 to 4

Edamame

Fast, easy and good for you.

1 pound frozen edamame (soybeans in their pods)
Coarse sea salt

Bring a large pot of water to a boil. Leaving the soybeans in their pods, add them to the boiling water and cook for approximately 3 to 4 minutes, or until tender. Drain well and toss with coarsely ground sea salt, to taste. Transfer to serving platter and serve either warm or cold. Makes a great healthy snack. Serves 4

Almond Pâté

Using the reserved almond pulp from making almond milk and add:

-- Vegetable mayonnaise or other type of healthy mayonnaise product enough to moisten the almond pulp.

--Minced vegetables of your choice: celery, onions, parsley, cucumber, kale, carrots, etc.

--Seasonings: Freshly ground pepper, garlic, cayenne, cumin, curry powder, soy sauce substitute such as Bragg liquid aminos, etc.

--Or add sweetener such as agave nectar or honey and mix with chopped dried fruits and use as a dip or spread for fruits such as apple slices, pears, peaches, etc. The almond pulp is so finely ground that you may add some chopped soaked almonds for better texture.

Serving Suggestions:

Serve as a dip with fresh vegetables, to stuff peppers, avocados, tomatoes, etc, or on crackers. Spread on romaine lettuce leaves or cabbage leaves and top with sprouts and veggies to create a "wrap". Use as filling in sprouted whole grain wraps with your choice of vegetables for a quick portable lunch.

Sprouted Grain Wrap "Chips"

Use purchased sprouted grain tortilla wraps.

Place 2 wraps on a lightly oiled baking sheet at a time and brush top of wraps with small amount of olive oil. Sprinkle with sea salt and any other seasoning such as a little cayenne, cumin, chili powder, garlic powder, etc. Cut into wedges with pizza cutter and bake at 375 degrees F for 5 – 6 minutes or until wedges begin to curl a little and are lightly browned on the edges.

Veggie Dip

1/2 cup vegetable mayonnaise or mayonnaise substitute
1/2 cup soy sour cream non-hydrogenated
1 teaspoon dill weed
1 teaspoon Bonapetite seasoning

Mix. Refrigerate until ready to serve.

Quick Whole Wheat Bread

This recipe rises only once, so is much quicker than traditional recipes.

6 cups warm water
13 cups whole wheat flour (either white wheat or hard red winter wheat)
2 Tablespoon sea salt
1/2 cup olive oil
3 Tablespoon dry yeast
1/4 cup raw honey
1/4 cup dough enhancer (optional – dough enhancer contains powdered soy, lecithin, ascorbic acid (vitamin C) and vital wheat gluten, all which help make a lighter and less dense loaf of bread which rises higher).

Mix water, salt, oil and honey in bowl. Add 6 cups flour, yeast and dough enhancer, if used, and mix until smooth in bread mixer or by hand with a large wooden spoon. Add remaining flour until dough is fairly stiff. If using bread mixer, knead 10 minutes; or if by hand, knead until dough is smooth and glossy. Divide dough into 4 pieces, shaping dough with hands to fit into the oiled loaf pans. Brush top of dough with additional olive oil and let rise until doubled in bulk, about 20 to 30 minutes. Bake at 425 degrees F for 10 minutes, then turn oven to 350 degrees and bake an additional 15 minutes. Remove bread from loaf pans and cool on wire rack. May brush top of bread with a little olive oil for better presentation. Makes 4 loaves. Freezes well.

Quick Whole Grain Fry Bread

A tasty scone that is yeast free and easy to make.

3 cups whole wheat flour
4 1/2 teaspoon non-aluminum baking powder
1 1/2 teaspoon sea salt
1 1/2 cups rice OR soy milk
1 1/2 teaspoon vinegar OR lemon juice
Oil for frying which has never been used

Add all together in large bowl, stirring 20 times. Pull small amount of dough off and flatten. Fry in heated oil until browned, turning to brown other side. Drain on paper towel and serve immediately. Try it with a bit of agave nectar or organic honey.

Carrot-Date Bran Muffins

Moist, naturally sweet and filling, these muffins make a great breakfast or snack.

6 1/2 cups bran flakes cereal (approx. 15 oz)
1 cup grapeseed or other healthy oil
1 1/2 cups honey
1 cup finely grated carrot (about 2 large)
4 fresh organic eggs, beaten
1 quart buttermilk
5 cups whole wheat flour
1/2 cup flax seeds, soaked in 1/2 cup water for 5 minutes
1 1/2 cup raisins
3/4 cup chopped dates
5 teaspoon baking soda
2 teaspoon sea salt
Dash of ground cinnamon (optional)

Mix all ingredients together in a large bowl. Can store muffin dough several weeks in the fridge in covered container. To bake, fill oiled muffin tins 2/3 full and bake 10 – 15 minutes at 400 degrees F. Makes about 5 dozen muffins. Serve hot or cold.

Guacamole

2 avocados
1 small firm tomato, chopped
3 Tablespoon chopped onion
2 Tablespoon fresh lime juice (or lemon)
2 Tablespoon chopped fresh cilantro
1 clove garlic, minced
Dash cayenne pepper
Sea salt & freshly ground black pepper, to taste

Slice avocados in half length-wise, open and remove pit. Peel each half and mash avocados with fork on a plate. Mix in the rest of the ingredients and season to taste.

Serving suggestions: Guacamole can be used in so many ways. Try as a dip for fresh vegetables, flax crackers, or toasted grain wrap "chips", spread on whole grain wraps, top with chopped veggies, roll up and eat. For a healthy taco, spread down center of romaine lettuce leaf, add thinly sliced red & green bell peppers, grated almond cheese and top with fresh salsa. Put a dollop on top of a bed of leafy salad greens with a drizzle of olive oil. Use as a topping to enhance your beans and rice dishes or to garnish your favorite taco soup. Put over a plate of steamed mixed vegetables, or eat just alone with a spoon for a healthy lunch!

Creamy Tahini Dip

1 cup water (more if desired)
1/2 cup fresh lemon juice
1 cup raw tahini (sesame seed butter)
1/3 cup soy sauce substitute
1 cup fresh parsley, chopped
1/4 cup onions, chopped
2 garlic cloves, chopped
1/4 cup green onion, chopped
1 teaspoon fresh ginger root, minced
1 teaspoon ground cumin
Cayenne pepper to taste

Pour water in blender and slowly add tahini to blend. Add all other ingredients and blend until smooth and creamy. Adjust the amounts of onions, garlic, scallions, ginger, or soy sauce to your taste. Add additional water for a thinner sauce. Recipe yields approximately 4 cups and keeps in refrigerator for about a week.

Fresh Fruit Salsa with Cinnamon Chips

Try this one for breakfast!

1 fresh pineapple tortillas	1 pkg. (10) whole wheat flour
1 1/2 cups strawberries	2/3 cup raw sugar
3 kiwi fruit	1 teaspoon ground cinnamon
1 cup green or red grapes	grape seed oil
1 cup blueberries	
2 Tablespoons raw sugar or agave nectar	

Salsa:

Wash all fruit well. Cut pineapple in half lengthwise, extending all the way through

the green leaves at the top. With a paring knife, remove the fruit, leaving two pineapple

"bowls" in which the finished fruit salsa can be served. Chop the pineapple and place in a large mixing bowl. Chop up the remaining fruit, excepting the blueberries, and toss all together in the large mixing bowl with the 2 Tablespoons of raw sugar. (If fruit is sweet enough, omit the sweetener) Transfer fruit salsa to the pineapple "bowls" or serve in a clear glass bowl to show off the beautiful colors.

Chips:

In a small bowl, mix together the 2/3 cup raw sugar and cinnamon. Set aside.

Place whole wheat tortillas on oiled baking sheet two at a time and brush with oil.

Sprinkle tortillas with cinnamon-sugar mixture and cut into wedges with pizza cutter

Bake at 400 degrees F about 5 minutes or until golden and crispy.

Cool and serve the chips with the fruit salsa. Can substitute a variety of other fresh fruits in the salsa.

Recipe twist – Fruit & Spinach Taco Salad:

Serve the fruit salsa over a bed of fresh spinach and serve with the chips.

Coconut Green Shake

1 young coconut (meat and water)
1/2 avocado
1 handful of spinach
1/4 English cucumber
1 teaspoon coconut oil
1 teaspoon Essante Earth greens
1 Tablespoon flax seeds
1 Tablespoon hemp seeds
1 teaspoon Essante Healthy Living Clay
1/4 vanilla bean
1 small package Stevia
1/4 teaspoon salt
6 ice cubes
1 cup water

Blend all ingredients in a heavy duty blender.
Makes two 16oz servings.

Virgin Pina Colada

1 young coconut (meat and water)
1/4 fresh pineapple
1/4 vanilla bean
Juice of 1/2 a lime
1 Tablespoon of coconut oil
1 Tablespoon hemp seeds
1 Tablespoon flax seeds
1 scoop Essanté Healthy Living Clay
1/4 teaspoon sea salt
1/2 teaspoon Essanté Earth Greens
6 ice cubes

Blend all ingredients in a heavy duty blender.
Makes two 16oz servings.

Coconut Vanilla Bean Shake

2 young coconuts (at Asian markets)
1" Tahitian Vanilla Beans (cut the hard ends off)
1 heaping TBS coconut milk powder
Dehydrated coconut (small or large) flakes

Take the liquid of one young coconut with the meat from 2 coconuts and blend in heavy duty blender. Add in about 1" of the Tahitian Vanilla Bean, making sure to cut off any hardness on the ends of the vanilla bean stalk. Put in 1 heaping tablespoon of the coconut milk powder. Blend for 2 minutes. Pour into a glass and sprinkle the dehydrated coconut flakes on top. Delicious!

Mango Green Shake

1 ripe mango
1/2 medium head of romaine lettuce
1 cup soy milk (Silk Original)
1/2 avocado (optional)
1 Tablespoon hemp seeds
1 Tablespoon flax seeds
1 teaspoon Essanté Healthy Living Clay
1 teaspoon Essanté Greens
1 teaspoon coconut oil
Juice of one lime
1 inch piece of vanilla bean
1 package Stevia
1/4 teaspoon sea salt
6 ice cubes
Water to get right consistency

Blend all ingredients in a heavy duty blender.
Makes two 16 oz servings.

Lime Shake

Juice from one lime

1 avocado

1/2 cucumber

Hand full of spinach

Scoop of Essante Greens (full teaspoon)

Scoop of a sprouted soy powder (full teaspoon)

Stevia or other sweetener to taste

6 ice cubes

Blend all ingredients in a heavy duty blender. Garnish with coconut flakes.

Yummy!



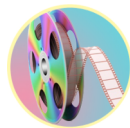
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