

REVERSE AGE GURU · EATING TO LIVE

Your Free Recipe Collection

Fourteen simple, living recipes for drinks, breakfasts, dips, dressings and salads — straight from my kitchen to yours.

A gift from Joycelyn Johnson · Reverse Age Guru LLC

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Ginger Cubes

Ginger cubes to add pizzazz to any drink.

INGREDIENTS

- 1 piece of ginger, about an inch
- 2 Tbs of honey
- 2 cups of water

INSTRUCTIONS

- 1 Wash ginger. Slice ginger into about 4 pieces.
- 2 Place ginger into a blender. Add water to the blender.
- 3 Process for about 20 seconds.
- 4 Strain using a cheese cloth over a strainer.
- 5 Add honey and stir.
- 6 Pour ginger drink into an ice cube tray and freeze.
- 7 Add these ginger cubes to other drinks to give them more pizzazz.

Banana Pancakes

Simple, naturally sweet pancakes — no refined sugar needed.

INGREDIENTS

- 2 ripe bananas
- 2 eggs
- ½ cup ground oats or almond flour
- 1 tsp vanilla essence
- ¼ tsp cinnamon
- 1 pinch sea salt
- 1 tsp coconut oil (for the pan)

INSTRUCTIONS

- 1 Mash the bananas well in a bowl.
- 2 Add the eggs, vanilla, cinnamon, and sea salt. Mix until smooth.
- 3 Stir in the ground oats or almond flour to form a soft batter.
- 4 Warm a little coconut oil in a pan over low to medium heat.
- 5 Spoon the batter into small rounds and cook until bubbles form, then flip.
- 6 Serve warm with fresh berries and a drizzle of honey.

Citrus Eye Opener

INGREDIENTS

- 1 grapefruit
- 1 orange
- 1 key lime
- 2 tangerines

INSTRUCTIONS

- 1 Wash fruits. Cut fruit in half.
- 2 Squeeze fruit using a manual or electric juicer.
- 3 Strain to remove seeds.
- 4 Pour into a pitcher. Drink and enjoy!

Orange Smoothie

INGREDIENTS

- 1 orange
- 1 key lime
- ¼ cup of purified water
- 1 pinch of cinnamon
- 1 pinch of turmeric

INSTRUCTIONS

- 1 Place all ingredients in a blender.
- 2 Blend until smooth.
- 3 Pour into a glass and enjoy.

Prune Smoothie

INGREDIENTS

- 5 prunes
- 1 cup of hazelnut milk (or your favorite milk)
- ¼ cup of water
- 2 scoops dark berry protein powder
- ½ tsp psyllium husk
- ½ tsp chia seeds
- 1 dash of cinnamon
- 1 dash of turmeric

INSTRUCTIONS

- 1 Place all the ingredients in a blender.
- 2 Blend for about 30 seconds.
- 3 Pour into a serving container.
- 4 Chill and serve, or drink at room temperature.

Blueberry Parfait

INGREDIENTS

- 1 lb. blueberries
- 1 12 oz container of plain yogurt
- 1 cup graham cracker crumbs
- 1 cup ground flaxseed or chia seeds

INSTRUCTIONS

- 1 Wash the blueberries.
- 2 In a parfait glass, layer yogurt, blueberries, graham cracker crumbs, and flax or chia seeds.
- 3 Repeat the layers until the glass is full.
- 4 Chill and serve.

Vinaigrette Salad Dressing

INGREDIENTS

- ¼ cup extra virgin olive oil
- 2 key limes (juiced)
- 2 Tbs red wine vinegar
- ½ garlic clove (minced)
- ½ tsp ground chia seeds
- ¼ tsp dill
- 1 pinch cayenne pepper

INSTRUCTIONS

- 1 Remove lime seeds.
- 2 Place all the ingredients in a large bowl.
- 3 Mix the ingredients well.
- 4 Pour the vinaigrette into a glass jar.
- 5 Cover the jar and refrigerate.
- 6 Chill until ready to use.

Raw Quinoa Cereal

INGREDIENTS

- 2 cups of quinoa
- 4 cups almond milk
- 2 cups of blueberries
- 2 Tbs of honey
- 1 tsp of vanilla essence
- ¼ tsp cinnamon
- 1/8 tsp nutmeg
- 1/8 tsp turmeric
- 1 pinch sea salt

INSTRUCTIONS

- 1 Place quinoa in a large glass bowl.
- 2 Add almond milk, sea salt, all spices, and honey. Stir.
- 3 Allow quinoa to soak for three hours.
- 4 Wash blueberries. Add blueberries and stir.
- 5 Allow the quinoa to soak for another thirty minutes.
- 6 Serve at room temperature or chill before serving.

Raw Ketchup

INGREDIENTS

- 2 cups Roma tomatoes
- ¼ cup chopped red onions
- 1 tsp minced garlic
- 1 tsp ground ginger
- 4 fresh basil leaves
- 1 Tbs maple syrup
- 1 Tbs olive oil
- ½ tsp Celtic sea salt

INSTRUCTIONS

- 1 Place all ingredients in a blender.
- 2 Blend until smooth.
- 3 Pour into a jar, cover, and refrigerate.

Tropical Salad

INGREDIENTS

- 1 honey crisp apple, sliced
- 1 avocado
- 2 Roma tomatoes, chopped
- 1 cup chopped spinach
- ½ ripe plantain, sliced
- ¼ cup grated carrots
- 1/8 cup raisins
- 4 green olives
- 1 sprig parsley
- 2 Tbs red wine vinegar
- 2 Tbs extra virgin olive oil

INSTRUCTIONS

- 1 Place all fruits and vegetables in a bowl.
- 2 Add red wine vinegar and olive oil.
- 3 Stir the ingredients well. Chill and serve.

Okra Water

A simple morning drink (from Dr. Bobby Price).

INGREDIENTS

- 10 small okras
- 16 ounces of spring water
- 1 Tbs lemon juice

INSTRUCTIONS

- 1 Wash okra with salt and baking soda.
- 2 Cut okras into slices and place them in a 32-ounce jar.
- 3 Fill the jar with spring water and add the lemon juice.
- 4 Soak overnight for at least twelve hours.
- 5 Drink 16 ounces first thing in the morning on an empty stomach.
- 6 Don't throw the okra away — add it to your smoothie or salad.

Veggie Sauce Dip

INGREDIENTS

- 1 Tbs lemon juice
- 2 tsp molasses
- 1 Tbs olive pickle juice
- 1 Tbs extra virgin olive oil
- 1/8 tsp turmeric
- 1 pinch black pepper

INSTRUCTIONS

- 1 Place all ingredients in a blender and blend.
- 2 Pour the dip into a small bowl.
- 3 Dip raw veggies, such as zucchini, into the sauce.

Broccoli Slaw

INGREDIENTS

- 1 cup organic broccoli slaw
- 1 gala apple, cored and slivered
- ½ cup shredded radicchio
- ¼ cup raisins
- ¼ cup chopped walnuts
- ½ cup cashew milk
- 1 Tbs fresh squeezed lemon juice
- 1 Tbs olive oil
- 1 tsp minced garlic
- 1/8 tsp mustard

INSTRUCTIONS

- 1 Wash the apple and radicchio.
- 2 Place all ingredients in a bowl and stir well.
- 3 Add more cashew milk if the slaw is too dry.
- 4 Chill and serve.

Stuffed Bell Peppers

INGREDIENTS

- 2 bell peppers
- 1 avocado, deseeded and mashed
- ¼ cup diced papaya
- 1 Roma tomato, diced
- 4 olives, pitted
- 1 Tbs freshly squeezed lemon juice (seeds removed)
- 1 Tbs olive pickle juice
- 1 Tbs olive oil
- ½ tsp minced red onion
- ¼ tsp minced garlic
- 1 dash black pepper
- 1 dash coriander

INSTRUCTIONS

- 1 Wash and dry the bell peppers.
- 2 Cut off the tops to make a covering cap; scrape out the seeds.
- 3 Mix all other ingredients together in a bowl.
- 4 Divide the mixture in two and stuff the peppers.
- 5 Cover with the pepper caps and place on a plate.
- 6 If you garnish with parsley, eat it too — don't throw it away!