



Breaking the FAST

Breakfast

Chocolate Green Smoothie

- 2 big handfuls of spinach or kale (de-veined)
- 1 cup fresh or frozen blueberries
- 1 sm frozen banana (or 1/2 lg)
- 1 TBS of raw cacao powder
- 1 TBS of Raw Almond Butter (no salt)
- 2 Fresh Medjool dates
- 2 cups of fresh almond milk or water

Lunch

Raw Vegan Spanish Rice

- 1 avocado (peeled, pitted, and mashed)
- 1 tsp chili powder
- 2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp onion powder
- 1 tsp unrefined sea salt
- Pinch of cayenne
- 1 head cauliflower, cut into florets
- 1 cup of fresh or frozen peas (optional)
- 1 red bell pepper (seeded and diced fine)
- 2 Roma tomatoes (diced fine)
- 3 scallions (sliced fine)
- 1/2 cup cilantro leaves (minced)
- 1 Tbsp fresh basil leaves (minced)
- 1 clove garlic (peeled and minced)
- 2 Tbsp fresh lemon juice
- 1/4 cup extra virgin olive oil
- 2 tsp raw unfiltered honey

Dinner

Vegan Tortilla Soup

- 1 tbsp olive oil
- 1.5 cups chopped onion
- 2 garlic cloves, minced
- 2 bell peppers, chopped
- 1 zucchini, chopped
- 1 ear fresh corn
- 1/2 cup green onion, chopped
- 3 tbsp ground cumin
- One 28-oz can crushed tomatoes
- 1 can chopped green chili peppers, drained (optional)
- 3 cups vegetable broth
- 1.5-2 cups cooked black beans (or beans of choice)
- salt & pepper & crushed red chili pepper, to taste
- Non-Dairy Cheese (I use Daiya cheese), for sprinkling
- Chopped avocado, for garnish

goto:

(<http://www.hacres.com/recipes/cards/better-than-spanish-rice>)

goto

(<http://ohsheglows.com/2011/08/30/vegan-tortilla-soup/>)

