



LIVING UP WELLNESS
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Grilling Recipes

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Welcome to your own personal cookbook! On the next pages you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

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How to Use

All of these recipes have been selected as great grilling and summertime recipes. You'll find lightened up versions of barbecue chicken, baked beans and potato salad, plus, new grill-inspired healthy recipes that pack the flavor but not the calories. To sweeten up the deal, I've given you several fruit inspired treats that will satisfy any sweet tooth.

Recipe Tips

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

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Barbecue Chicken

6 servings

1 hour

Ingredients

4 lbs Chicken Drumsticks
1/4 cup Jill's Ap Seasoning
(approximately)
3 cups Tomato Sauce
1 cup Water
1/2 cup Apple Cider Vinegar
2/3 cup Molasses
1 tbsp Black Pepper
1 1/2 tsps Onion Powder
1 1/2 tsps Ground Mustard
1 tbsp Lemon Juice
1 tbsp Braggs Aminos

Nutrition

Amount per serving	
Calories	651
Fat	31g
Saturated	8g
Monounsaturated	11g
Carbs	32g
Fiber	1g
Sugar	21g
Protein	58g
Cholesterol	282mg
Sodium	561mg
Vitamin A	147IU
Vitamin C	1mg
Calcium	242mg
Iron	9mg
Vitamin E	1mg
Folate	11µg

Directions

- 1 In small saucepan, combine 24 oz tomato sauce, 1 cup water, 1/2 cup apple cider vinegar, 1 tbsp. black pepper, 1/2 tbsp. onion powder, 1/2 tbsp. mustard powder, 1 tbsp. lemon and 1 tbsp. Worcestershire sauce, 2/3 cup molasses.
- 2 Bring to a boil, reduce to a simmer and cook until thickened, about 1 hour. Stir every 10 minutes to prevent sauce from sticking to the bottom.
- 3 Cool, place in container, label and refrigerate (if prepping ahead of time).
- 4 Pile coals together, soak with lighter fluid for 15 minutes, light and let coals burn until they turn white, about 10 minutes. Spread coals out, leaving a hot spot with more coals and a cool spot with less coals.
- 5 Season drumsticks with Jill's All Purpose Seasoning on all sides (you may or may not need all the seasoning).
- 6 Add drumsticks to the hot side of the grill, cook for 4 minutes, flip and cook for 4 more minutes.
- 7 Move drumsticks to cooler side of grill, cook for additional 5 minutes.
- 8 With a silicon brush, coat drumsticks with barbecue sauce on all sides. Let cook for 5 minutes on both sides. Check for doneness (165 F). Remove from heat.



Grilled Mediterranean Chicken Kabobs

4 servings

30 minutes

Ingredients

- 2 Lemon (juiced)
- 2 tbsps Red Wine Vinegar
- 2 tbsps Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Calories	257
Fat	10g
Saturated	2g
Monounsaturated	6g
Carbs	14g
Fiber	3g
Sugar	6g
Protein	28g
Cholesterol	83mg
Sodium	63mg
Vitamin A	873IU
Vitamin C	117mg
Calcium	61mg
Iron	2mg
Vitamin E	2mg
Folate	61µg
Vitamin B12	0.2µg
Magnesium	64mg

Directions

- 1 Combine the lemon juice, red wine vinegar, oregano and olive oil in a medium sized mixing bowl. Pour half in a medium bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil mixture. Season with sea salt and black pepper.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With: Rice, quinoa, grilled potatoes and/or tzatziki sauce.

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

Serving Size: One serving is equal to approximately two kabobs.

Vegan & Vegetarian: Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers: If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Turn Them Into a Salad: Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.



Grilled Bruschetta Chicken

4 servings

30 minutes

Ingredients

1 lb Chicken Breast
 Sea Salt & Black Pepper (to taste)
 3 Tomato (medium, diced)
 1/2 cup Red Onion (finely diced)
 2 Garlic (cloves, minced)
 1/4 cup Basil Leaves (chopped)
 1 tbsp Extra Virgin Olive Oil
 1 tbsp Balsamic Vinegar

Nutrition

Amount per serving	
Calories	193
Fat	7g
Saturated	1g
Monounsaturated	3g
Carbs	6g
Fiber	1g
Sugar	1g
Protein	27g
Cholesterol	82mg
Sodium	88mg
Vitamin A	1420IU
Vitamin C	16mg
Calcium	23mg
Iron	1mg
Vitamin E	1mg
Folate	40µg
Vitamin B12	0.2µg
Magnesium	43mg

Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With: Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover: Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill: Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.



Grilled Shrimp Salad

4 servings

25 minutes

Ingredients

1/2 cup Parsley (chopped and packed)
 3 Lime (juiced)
 1/4 cup Extra Virgin Olive Oil
 1 1/2 tps Chili Powder
 2 lbs Shrimp (raw, peeled and de-veined)
 4 cups Coleslaw Mix
 1 cup Cherry Tomatoes (halved)
 1 Avocado (peeled and diced)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	438
Fat	22g
Saturated	3g
Monounsaturated	15g
Carbs	15g
Fiber	7g
Sugar	5g
Protein	48g
Cholesterol	365mg
Sodium	339mg
Vitamin A	4337IU
Vitamin C	66mg
Calcium	213mg
Iron	3mg
Vitamin E	4mg
Folate	61µg
Vitamin B12	0µg
Magnesium	106mg

Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

No Grill: Cook shrimp in a cast iron skillet over medium heat on the stove top.

Vegan & Vegetarian: Use portobello mushrooms instead of shrimp. Marinate and grill the same way.



Summer Romaine Salad with Grilled Tofu

4 servings

30 minutes

Ingredients

15 3/4 ozs Tofu (sliced into triangles)
1/4 cup Extra Virgin Olive Oil (divided)
2 tbsps Tamari
1/4 cup Lemon Juice (divided)
1 tbsp Raw Honey
3 tbsps Orange Juice (fresh)
1 tsp Dijon Mustard
1/8 tsp Sea Salt
6 leaves Romaine (thinly sliced)
1 Carrot (large, shredded)
1/2 Cucumber (sliced in half)
1 Avocado (cubed)

Nutrition

Amount per serving	
Calories	342
Fat	27g
Saturated	4g
Monounsaturated	16g
Carbs	17g
Fiber	6g
Sugar	8g
Protein	14g
Cholesterol	0mg
Sodium	613mg
Vitamin A	6343IU
Vitamin C	20mg
Calcium	350mg
Iron	3mg
Vitamin E	3mg
Folate	122µg

Directions

- 1 Add the tofu slices to a large dish along with half the extra virgin olive oil, tamari, half the lemon juice and raw honey. Marinate for 15 minutes.
- 2 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 3 Add the remaining extra virgin olive oil, remaining lemon juice, orange juice, dijon mustard and sea salt to a small bowl and whisk to combine.
- 4 Add the shredded romaine, carrot, cucumber and avocado to a large bowl. Add the dressing and toss to combine. Top with the tofu. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Make it Vegan: Use maple syrup instead of honey.



Grilled Caesar Salad

4 servings

30 minutes

Ingredients

8 slices Turkey Bacon
1 Garlic (whole bulb)
1/3 cup Extra Virgin Olive Oil (plus some extra for brushing)
1 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper (to taste)
4 heads Romaine Hearts (halved)
1/4 cup Parmigiano Reggiano (grated or shaved)

Nutrition

Amount per serving	
Calories	423
Fat	41g
Saturated	11g
Monounsaturated	22g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	10g
Cholesterol	43mg
Sodium	551mg
Vitamin A	2510IU
Vitamin C	6mg
Calcium	90mg
Iron	1mg
Vitamin E	3mg
Folate	41µg
Vitamin B12	0.3µg
Magnesium	12mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Line a baking sheet with foil or parchment paper. Spread your bacon across the baking sheet.
- 3 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap with foil. Place both the bacon and the garlic in the oven. Let your garlic roast for 30 minutes. Let your bacon cook for about 8 minutes per side or until crispy. (Tip: Set two separate timers.)
- 4 When the bacon is cooked, wrap bacon in paper towel to absorb the grease and then chop into fine pieces and set aside.
- 5 When the garlic is finished, let it cool and squeeze all the cloves/flesh into a blender or food processor. Discard the remaining skin. Add olive oil, lemon juice, mustard, a pinch of sea salt and black pepper. Blend well until smooth.
- 6 Preheat your grill on medium heat.
- 7 Brush the face of your halved romaine hearts with a bit of olive oil then place them directly on the grill face down. Grill for about 5 minutes.
- 8 Remove romaine hearts. Place two on a plate and drizzle with desired amount of caesar dressing. Sprinkle with bacon and grated parmigiano reggiano cheese. Enjoy!

Notes

More Protein: Grill up some chicken breasts while you cook the bacon. Slice into strips

and serve them alongside the romaine hearts.

Work Ahead: The bacon, dressing and chicken (optional) can all be cooked in advance. Then simply grill the romaine hearts and assemble when ready to eat!

No Grill: Roast the romaine hearts in the oven at 425°F (218°C) for 15 to 20 minutes or until they start to char.



BBQ Farmer's Market Salad with Sunbutter Dressing

4 servings

20 minutes

Ingredients

- 1 Zucchini (sliced into rounds)
- 2 cups Purple Cabbage (sliced into steaks with the stem intact)
- 2 ears Corn on the Cob (husked and soaked)
- 2 tbsps Sunflower Seed Butter
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Maple Syrup
- 1/4 cup Sunflower Seeds

Nutrition

Amount per serving	
Calories	297
Fat	23g
Saturated	3g
Monounsaturated	14g
Carbs	22g
Fiber	3g
Sugar	10g
Protein	6g
Cholesterol	0mg
Sodium	17mg
Vitamin A	600IU
Vitamin C	36mg
Calcium	44mg
Iron	1mg
Vitamin E	6mg
Folate	58µg
Vitamin B12	0µg
Magnesium	52mg

Directions

- 1 Heat the grill to medium. Brush the zucchini and cabbage with half the olive oil.
- 2 Place corn and cabbage on the grill. Close the grill and cook for 15 to 20 minutes. (Flip the cabbage halfway, and turn the corn every 5 minutes.)
- 3 Place zucchini slices on the grill and cook about 5 minutes, flipping halfway.
- 4 In a small mason jar, combine sunflower seed butter, remaining olive oil, apple cider vinegar and maple syrup. Close the jar and shake well.
- 5 Divide corn, cabbage and zucchini onto plates. Top the grilled veggies with dressing and sunflower seeds. Enjoy!

Notes

No Sunflower Seed Butter: Use almond butter, peanut butter or tahini instead. Season with salt to taste.

No Cabbage: Use cauliflower steaks, squash or romaine hearts instead.

No Zucchini: Use asparagus, bell pepper or eggplant instead.

More Protein: Mix in your favourite protein source like hemp seeds, lentils, chickpeas, beans, chicken, turkey or beef.



Grilled Potato Salad

12 servings

1 hour 15 minutes

Ingredients

- 6 Russet Potato
- 1 cup Red Onion (about 1 onion, diced)
- 1 Red Bell Pepper (diced)
- 1/2 cup Mild Green Chiles (diced, can find in a can)
- 1/4 cup Olive Oil
- 1/2 cup Plain Greek Yogurt
- 3 tbsps Red Wine Vinegar
- 2 tbsps Dijon Mustard
- 1/4 cup Ranch Dressing Mix
- 1/2 cup Cilantro
- 1 tbsp Jill's Ap Seasoning

Nutrition

Amount per serving	
Calories	170
Fat	5g
Saturated	1g
Monounsaturated	3g
Carbs	27g
Fiber	2g
Sugar	2g
Protein	3g
Cholesterol	1mg
Sodium	829mg
Vitamin A	416IU
Vitamin C	22mg
Calcium	96mg
Iron	1mg
Vitamin E	1mg
Folate	30µg

Directions

- 1 Heat medium size skillet to med-high heat, add onions, 1 tsp olive oil and Jill's AP seasoning and stir every few minutes.
- 2 Cook 8-10 minutes, until beginning to brown, add 1 tbsp red wine vinegar and scrape the pan with spatula to get up bits of food that may be stuck.
- 3 Reduce heat to medium low, add diced bell pepper and cook additional 5 minutes. Allow to cool.
- 4 In small bowl, mix: olive oil, greek yogurt, red wine vinegar, Dijon mustard, green chiles, ranch dressing mix and cilantro.
- 5 LAbel and store separately in refrigerator.
- 6 Pile coals together, soak with lighter fluid for 15 minutes, light and let coals burn until they turn white, about 10 minutes. Spread coals out, leaving a hot spot with more coals and a cool spot with less coals.
- 7 Cut potatoes into quarters (large wedges)
- 8 Place hald potatoes on hot side of grill and other half on cool side. Cook for 30 minutes, then switch potatoes from hot to cooler side of grill and vise versa.
- 9 Cook for additional 30 minutes or until soft when pierced with a fork.
- 10 Remove from heat and cool slightly. Cut into bite sized pieces, add sauce, onions and bell pepper and mix together. Serve either warm or cold.



Barbequed Baked Beans

7 servings

45 minutes

Ingredients

2 tps Olive Oil
 1 Red Bell Pepper (chopped)
 1/2 White Onion (chopped)
 1 3/4 lbs Baked Beans
 2 tps Paprika
 1 tsp Onion Powder
 1/4 cup Molasses
 1 cup Bbq Sauce (your fav BBQ sauce,
 or the recipe in notes)

Nutrition

Amount per serving	
Calories	273
Fat	4g
Saturated	1g
Monounsaturated	1g
Carbs	53g
Fiber	9g
Sugar	32g
Protein	6g
Cholesterol	0mg
Sodium	814mg
Vitamin A	1058IU
Vitamin C	22mg
Calcium	121mg
Iron	5mg
Vitamin E	1mg
Folate	10µg
Vitamin B12	0µg
Magnesium	27mg

Directions

- 1 Preheat oven to 275 degrees F.
- 2 In a large Dutch oven, heat oil over medium heat.
- 3 Sauté the red bell pepper, onion and garlic until softened, about 2 minutes.
- 4 Add the baked beans and remaining ingredients and bring to a low simmer. Cover the beans and place in the preheated oven. Bake for 45 minutes.

Notes

BBQ Sauce: 2 cups ketchup 1 cup water 1/2 cup apple cider vinegar 1/4 cup molasses (can substitute real maple syrup) 5 tbsp sugar 1/2 tbsp fresh ground black pepper 1/2 tbsp onion powder 1/2 tbsp ground mustard 1 tbsp lemon juice 1 tbsp Worcestershire sauce In a large saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to a simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.



Grilled Corn, Nectarine & Quinoa Salad

4 servings

30 minutes

Ingredients

1/2 cup Quinoa (uncooked)
1 cup Water
2 ears Corn on the Cob (grilled or steamed and kernels removed)
2 Nectarine (pitted and cubed)
1/2 cup Red Onion (finely sliced)
1/2 Cucumber (diced)
1/2 cup Cilantro (chopped)
1/2 cup Mint Leaves (chopped)
1/2 Lemon (juiced)
2 Garlic (cloves, minced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	234
Fat	9g
Saturated	1g
Monounsaturated	5g
Carbs	35g
Fiber	4g
Sugar	10g
Protein	6g
Cholesterol	0mg
Sodium	6mg
Vitamin A	550IU
Vitamin C	13mg
Calcium	43mg
Iron	2mg
Vitamin E	2mg

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 2 Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
- 3 Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

Meat Lover: Grill up some chicken breast or grass-fed steak with your corn to serve alongside the salad.

No Nectarines: Used sliced peaches or plums instead.

Short on Time: Replace 1 ear of corn with about 1 cup of frozen or canned corn.



Grilled Cauliflower Steaks with Avocado Chimichurri

4 servings

30 minutes

Ingredients

- 1/2 cup Red Wine Vinegar
- 1 cup Cilantro (thick stems removed)
- 1/4 cup Fresh Oregano (stems removed)
- 4 Garlic Cloves (minced)
- 3/4 cup Extra Virgin Olive Oil (divided)
- 1 Avocado (peeled and cubed)
- 1 head Cauliflower (sliced into steaks)

Nutrition

Amount per serving	
Calories	494
Fat	48g
Saturated	7g
Monounsaturated	35g
Carbs	15g
Fiber	8g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	54mg
Vitamin A	395IU
Vitamin C	78mg
Calcium	97mg
Iron	2mg
Vitamin E	8mg
Folate	134µg
Vitamin B12	0µg
Magnesium	48mg

Directions

- 1 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Stir in the avocado until well coated and refrigerate.
- 3 Lightly brush each side of the cauliflower steaks with olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
- 4 Transfer to plates and top with your desired avocado chimichurri. Enjoy!



Grilled Asparagus

4 servings

15 minutes

Ingredients

3 cups Asparagus (woody ends trimmed)
1 1/2 tsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	35
Fat	2g
Saturated	0g
Monounsaturated	1g
Carbs	4g
Fiber	2g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	150mg
Vitamin A	760IU
Vitamin C	6mg
Calcium	24mg
Iron	2mg
Vitamin E	1mg
Folate	52µg
Vitamin B12	0µg
Magnesium	14mg

Directions

- 1 Preheat grill over medium-low heat.
- 2 Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
- 3 Remove from grill and season with salt. Enjoy!

Notes

No Grill: Roast in the oven instead at 425°F (218°C) for 12 to 15 minutes.



Berry Berry Popsicles

12 servings

10 minutes

Ingredients

- 1/2 cup Frozen Mango
- 1/2 cup Frozen Blueberries (or fresh)
- 1 cup Frozen Strawberries (or fresh)
- 1 1/2 Banana
- 1 1/2 cups Spinach

Nutrition

Amount per serving	
Calories	27
Fat	0g
Saturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	1g
Sugar	4g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	271IU
Vitamin C	12mg
Calcium	7mg
Iron	0mg
Vitamin E	0mg
Folate	13µg
Vitamin B12	0µg
Magnesium	8mg

Directions

- 1 Allow your bananas to ripen until they have brown spots. The riper they are, the sweeter they will be.
- 2 In high-speed blender, add 1 1/2 medium-sized ripe bananas, 1/2 cup diced mango, 1/2 cup blueberries, 1 cup strawberries (works best if fruit is slightly frozen) and 1.5 cups spinach. Blend until smooth.
- 3 Distribute into popsicle molds leaving until 3/4 full, place in popsicle sticks and freeze until frozen (4-8 hours).

Notes

Notes: If fruit is completely frozen, warm in microwave for 1-1 1/2 minutes until only slightly frozen or leave out for 30 minutes. You could also just blend up the ingredients and have as a smoothie and store any leftovers in a glass airtight container for up.



Easy Peach Crumble_Living Up Wellness

9 servings

30 minutes

Ingredients

1 1/2 tbsps Coconut Oil
 3 cups Oats (rolled, divided)
 3/4 cup Unsweetened Applesauce
 1/3 cup Maple Syrup
 6 Peach (pit removed, sliced)

Nutrition

Amount per serving	
Calories	205
Fat	4g
Saturated	2g
Monounsaturated	1g
Carbs	39g
Fiber	4g
Sugar	19g
Protein	5g
Cholesterol	0mg
Sodium	4mg
Vitamin A	332IU
Vitamin C	7mg
Calcium	34mg
Iron	1mg
Vitamin E	1mg
Folate	13µg
Vitamin B12	0µg
Magnesium	50mg

Directions

- 1 Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
- 2 Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
- 3 Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving equals approximately 1 cup.

More Flavor: Add cinnamon, nutmeg, lemon juice and/or lemon zest.

Additional Toppings: Ice cream, yogurt, whipped coconut cream or crushed nuts.

No Oat Flour: Use any flour on hand.

No Applesauce: Use mashed banana instead with a few tablespoons of water as needed.



Grilled Fruit Medley

4 servings

10 minutes

Ingredients

- 2 cups Pineapple (diced and cored)
- 1 cup Strawberries (halved and stems removed)
- 1 Nectarine (sliced and pit removed)
- 12 Barbecue Skewers
- 1 cup Blueberries
- 1/4 Lime (juiced)

Nutrition

Amount per serving	
Calories	90
Fat	0g
Saturated	0g
Monounsaturated	0g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	191IU
Vitamin C	67mg
Calcium	21mg
Iron	1mg
Vitamin E	1mg
Folate	28µg
Vitamin B12	0µg
Magnesium	20mg

Directions

- 1 Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
- 2 Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
- 3 Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas: Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill: Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With: Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad: Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage: This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.



Coconut Whipped Cream

6 servings

10 minutes

Ingredients

1 1/2 cups Organic Coconut Milk
(canned, full fat, refrigerated overnight)

Nutrition

Amount per serving	
Calories	106
Fat	11g
Saturated	10g
Monounsaturated	0g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	15mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	2mg
Iron	0mg
Vitamin E	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	0mg

Directions

- 1 Chill a mixing bowl in the fridge for about 10 minutes before whipping.
- 2 Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
- 3 Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
- 4 Enjoy!

Notes

Serve it With: Fresh fruit like berries or peaches.

Likes it Sweet: Add a splash of maple syrup and vanilla extract while whipping.

Leftovers: Store sealed in an airtight container in the fridge up to 4 days.