



**NUTRITION
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NTI Eats

Recipe eBook

Teaching people how to eat for optimal health

Contact us for information about our Natural Food Chef program or our Nutrition Therapist Master Certification program

Nutrition Therapy Institute

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Cashew Mexican “Cheese”

Yield: 6-8 servings

In high speed blender, blend the soaked cashews with probiotics, salt and warm water until smooth. Line a sieve with double thickness of cheesecloth and place over a bowl. Transfer the mixture to the sieve, drape the cheesecloth over the top, cover with a towel and leave in a warm place to ripen for 12-24 hours.

Taste the “cheese” along the way to determine if it has the tangy taste you desire.

- 1 cup raw cashews, soaked 12-14 hours; drain before using
- 1 capsule active probiotics
- 1/4 teaspoon sea salt
- 1/4 cup warm water

Serving Suggestion

For a garnish (and color), finely chop cilantro and roll the cheese or press on the cilantro before serving.

Mexican “Cheese” Seasoning

 10+10 min

Place the seasoning ingredients in a bowl and mix well. Add the fermented “cheese” and blend together.

Shape the mixture into a round or cylinder shape, wrap in parchment paper or plastic, place in a covered container, and refrigerate for at least 24 hours or until firm.

- 1/4 teaspoon onion powder
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground ancho chile or chipotle powder
- 1/2 teaspoon nutritional yeast
- Zest of 1 lime
- Salt to taste

Store in fridge in an air tight container for up to 3 or 4 days.



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Chocolate Avocado Pudding

Yield: 2-4 servings

 20 min

Puree avocado in a food processor until creamy. Add honey, melted chocolate, vanilla, and salt. Blend until well incorporated.

Gradually add the warm water until desired consistency. (note; pudding will firm up quite a bit when chilled). Spoon into large bowl or individual bowls. Chill at least one hour before serving.

Suggested Variations

Add a ripe banana and blend.

Garnish with candied ginger, orange, or toasted coconut. Add flavored liquor or coconut milk in place of water.

- 2 avocados, very ripe, pitted
- 6 oz. dark chocolate, melted
- 2 teaspoons vanilla extract
- 1/2 teaspoon sea salt
- 1/2 to 3/4 cup warm water
- 1/3 to 1/2 cup honey (or agave or sugar) to taste



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Gazpacho

Yield: 6 servings

 30 min

To make the soup base, blend the following in a food processor; vegetable juice, carrot, cucumber, garlic and jalapeno pepper.

Stir into the base; English cucumber, red pepper, cilantro, tomatoes, vinegar, oil and salt.

Suggested for other additions to the soup base green or yellow peppers diced, celery stalks with leafy tops diced.

Suggested for garnish
thinly sliced basil or green onion, chopped
avocado, toasted pine nuts, cooked shrimp, sour cream or plain yogurt.

- 32 oz. vegetable juice
- 1 carrot, chopped
- 1 cucumber, chopped
- 1 clove garlic, minced
- 1 jalapeno or serrano
- 1 English cucumber, diced
- 1 red pepper, diced
- 1/2 bunch of cilantro or parsley, chopped
- 6 roma tomatoes (or 1 1/2 pounds of any variety of tomatoes), finely chopped
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- Salt to taste



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Lentil Hemp Hummus

Yield: 8-10 servings

 15 min

Add the first 9 ingredients to a food processor.
Pulse until desired consistency is reached.
Stir in the basil and parsley.

Serve with crackers, pita or raw veggies.

- 2 cups cooked red lentils (1 cup lentils:
2 1/2 cups salted water)
- 1 1/2 tablespoons light miso
- 2 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon granulated garlic
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/3 cup hemp seeds
- 1-2 tablespoons olive oil
- 2 tablespoons fresh basil- minced
- 1/4 cup fresh parsley- minced



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Basil Pea Pesto on Radish Slices

Yield: 8-10 servings

 20 min

In a food processor, combine the garlic and walnuts; pulse to blend. Add the peas, basil and cheese; pulse to form a chunky puree.

Add the olive oil, pulse to combine.
Add pepper and salt as desired.

Place a small amount of pesto on each radish slice. Then serve.

- 1 bunch large red radishes or daikon-washed and sliced
- 2 cloves garlic, crushed
- 1/4 cup walnuts
- 1 cup frozen peas- thawed
- 2 cups packed basil leaves
- 1/2 cup grated Parmesan or Romano cheese
- 1/4-1/3 cup extra virgin olive oil
- Pepper and salt to taste



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Kale Cashew Mint Salad

Yield: 4-6 servings

 20-30 min

Place the shredded kale, cabbage, scallions, carrots & mint in a large bowl; set aside.

In a small bowl add the honey, sesame oil, olive oil, rice vinegar, lime juice, ginger, salt and pepper; whisk to combine.

Pour the dressing over the kale cabbage mixture; massage for 1 minute to break down the fiber. When ready to serve, add the cashews to the salad.

- 1 bunch lacinato kale - washed and shredded
- 2 cups cabbage (green or red) - shredded
- 2 scallions- finely chopped (both white & green parts)
- 2 large carrots- grated
- 1/3 cup fresh mint- finely chopped
- 1 tablespoon honey
- 1 tablespoon toasted sesame oil
- 1/4 cup olive oil
- 3 tablespoons rice vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon fresh ginger- grated
- salt & pepper
- 1/2 cup raw cashew pieces



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Nutty Butternut Squash Soup

Yield: 6-8 servings

 40 min

In a large soup pot, heat oil over medium-low heat. Add onions, cook 4-5 minutes, or until softened. Add garlic, turmeric, cumin, garam masala, salt and pepper. Cook for 1 minute, stirring constantly.

Add chicken broth, butternut squash and carrots. Bring to a boil over high heat. Reduce heat to low, cover and simmer 30 minutes until squash has softened.

Stir in almond butter and puree with an immersion blender until smooth. Adjust seasonings. Stir in the cilantro, heat through.

- 1 tbsp. coconut oil
- 1 yellow onion, diced
- 4 large garlic cloves, minced
- 1 tablespoon turmeric powder
- 2 teaspoon ground cumin
- 1 teaspoon garam masala
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground white pepper
- 6 cups chicken broth
- 2 cups peeled and diced butternut squash
- 1 cup shredded carrots
- 1/3 cup smooth almond butter
- 1/2 cup chopped fresh cilantro



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Mango Jicama Salad

Yield: 6 servings

In a bowl, mix together the salad ingredients except the arugula.

Add the salad dressing to the salad mixture, reserving 1/4 cup for later, and marinate for 30 minutes. At serving time, lightly dress the arugula with the remaining dressing.

Divide the arugula on six plates and spoon the marinated mango jicama salad on top.

Suggested Variations

Use as a side salad for fish, shrimp or chicken.

 20-30 min

- 1 cup mango (about 2)- diced
- 1 cup jicama- peeled and diced
- 1/4 cup scallions- minced
- 1/2 cup celery- diced
- 1/3 cup dried cherries or raisins- roughly chopped
- 6 ounces arugula

Dressing:

- 1/4 cup orange juice
- zest of 1 orange
- 2 Tablespoons rice vinegar
- 2 teaspoon sugar or honey
- 2 Tablespoon fresh ginger- grated
- 1/3 cup olive oil
- salt and white pepper

In a bowl or blender, mix together all of the ingredients for the dressing.

Mix well and set aside.



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Decadent Chocolate Truffles

Yield: 12 servings

 20 min

In a food processor, drop the prunes and dates through the feed hole one by one. Scrape the processor bowl and run until the prunes and dates are smooth.

Add remaining ingredients except for the coconut. Run until smooth and scrape the bowl as needed. Roll the mixture into 12 one-inch balls and roll in coconut to coat. Refrigerate for at least 1/2 hour.

- 1/2 cup pitted prunes- soaked and drained
- 1/4 cup pitted dates- soaked and drained
- 3 Tablespoons almond butter
- 1 Tablespoon maple syrup
- 4 Tablespoons unsweetened bittersweet cocoa
- 1/2 cup finely grated unsweetened coconut



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Quinoa Veggie Bites

Yield: 24 servings

 35 min

Rinse quinoa in a fine mesh strainer under cold running water. Bring chicken broth to a boil in a saucepan; add the quinoa, cover, and cook until broth is absorbed and quinoa is tender, about 15 minutes. Remove lid and let cool.

Preheat oven to 350°.

In a large bowl, whisk the eggs and egg whites; add remaining ingredients, including quinoa, and stir to combine.

Coat mini muffin pans very well with oil, then fill to the top with quinoa mixture, smoothing the top with the back of a spoon.

Bake for 15-17 minutes, or until golden brown on top. Let cool 5 minutes, remove muffins from pan. Cool completely on a cooling rack.

- 3/4 cup dry quinoa (2 cups cooked)
- 1 1/4 cups chicken broth (could use water)
- 2 eggs
- 3 egg whites
- 1 cup chopped spinach
- 1 cup shredded cheddar cheese
- 1/2 cup grated carrot
- 1/2 cup chopped tomatoes
- 1 green onion (scallion), chopped
- 3 tablespoons fresh minced basil
- Salt & pepper



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For More Information

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Our admissions counsellors would be happy to meet with you, either in-person or on the phone. We welcome you to visit the school and sit-in on a class.

Nutrition Therapy Institute

Creating Optimal Health Through Nutrition Education

5613 Olde Wadsworth Blvd

Arvada, CO 80002

303-377-3974

office@ntischool.com