

Ofri Gilan

ofri@post.harvard.edu

917-566-5238

All rights reserved

**Three recipes to help you wean off sugar**

Rootsalad

Orange soup

Raw energy balls

**RootSalad**

1 jicama

1 beet

1 carrot

1 apple

1 kohlrabi

Herb of choice

roasted pumpkin seeds

Dressing

Lime juice

Sesame oil

Method

Grate everything and pour the dressing over. Let it rest for

half an hour. It is possible to add chicken, beef or fish or just

serve as a side dish. You can also add quinoa for non-animal protein or other grains, even vermicelli rice noodles.

**Orange soup**

1 onion or leek

1-2 lb carrots

2 small sweet potatoes

1 butternut squash

2 apples (optional)

2 sprigs of Thyme

1 Tbsp Better then Bouillon stock

Salt as needed

2 tsp Curry powder (optional)

1 can coconut milk (optional)

½ stick butter (salted or unsalted) or 3 Tbsp olive oil

Method

Cut the leek or onion into slices, sauté in the melted butter until translucent.

Add vegetable and saute for 5-10 minutes.

Add water just enough to cover the vegetables.

Bring to a boil and lower to simmer. Cook until fork tender.

Blend until smooth using an immersion blender.

Add the optional seasoning and salt.

**Raw chocolate balls**

1/2 cup nuts of choice

3 pitted dates (Madjhul)

½ cup almond flour

1/3 cup almond butter

1/3 cup oats

2 cups raw cocoa (not cacao)

3 Tbsp honey

Optional additions: Hemp seeds (protein), peanut butter (protein), coconut (oil), maple syrup (sugar), stevia (sugar), protein powder, sesame seeds, spirulina, various nuts.

Method

Blend everything together and form into balls

You can cover the balls in coconut, cocoa powder, seeds etc.

Cool to firm up.