



Spring Recipe Booklet

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Welcome!

On the next pages you will find a collection of delicious recipes to inspire you to eat cleansing, nutrient-dense meals (and beverages) to help your body gently detox.

Foods highlighted in these recipes that boost the liver include beets, cilantro, cruciferous vegetables (like broccoli, kale & cauliflower), lemon, garlic and ginger.

Enjoy!

In health,
Jenny

P.S. If you have any questions about these recipes, or would like a meal plan like this tailored to your health goals and preferences, please reach out to me at info@jennyfowler.com.





Strawberry Rhubarb Chia Parfait

4 servings

4 hours

Ingredients

- 2/3 cup Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1 tbsp Raw Honey
- 2 cups Rhubarb (diced)
- 3 cups Strawberries (diced)

Directions

- 1 Combine the chia seeds, almond milk and honey together in a bowl and mix well until all clumps are dissolved. Cover and let sit in the fridge for 4 hours or until thickened.
- 2 Preheat oven to 350°F (177°C). Place the rhubarb and strawberries together in a glass baking dish and bake in the oven for 30 minutes. Remove from oven and set aside to cool.
- 3 To make parfaits, set out mason jars (we use size 250 mL), layer in chia seed pudding and use a slotted spoon to add the strawberry rhubarb mix. Repeat to create layers. Enjoy!

Notes

Storage: Store in the fridge up to 5 days.

No Rhubarb: Use diced apple instead.



Pineapple Cucumber Smoothie

1 serving
2 minutes

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 1/2 cup Water
- 1/4 Cucumber (roughly chopped)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Chia Seeds (optional)
- 1 tsp Ginger (fresh, grated, optional)

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

Likes it Sweet: Add honey, dates, or another sweetener of choice to taste.

More Protein: Add collagen powder or hemp seeds.

No Baby Spinach: Use kale instead.

Pineapple: If using fresh pineapple add ice cubes for a colder smoothie.



Citrus Beet Salad

4 servings

1 hour

Ingredients

4 Beet (medium, cut into quarters)
1/2 cup Quinoa (uncooked, dry)
2 tbsps Extra Virgin Olive Oil
1/2 Navel Orange (juiced)
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
1/4 cup Radishes (finely sliced)
2 Carrot (medium, peeled into ribbons)
1 cup Chickpeas (cooked, from the can)
1/4 cup Goat Cheese (crumbled)
1/2 cup Mint Leaves (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 2 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 3 Cook your quinoa on the stove according to package directions, and set aside.
- 4 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 5 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

Notes

Prep Ahead and Save Time: The beets and quinoa can be prepped in advance to make assembling this salad much faster.

Dairy-Free: Omit the goat cheese

No Chickpeas: Use another protein instead such as tofu or cooked, diced chicken breast.

No Quinoa: Use rice instead.

Leftovers: Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.



Spring Salad

4 servings
15 minutes

Ingredients

2 cups Green Lentils (cooked, drained and rinsed)
3 cups Snap Peas (washed)
1 cup Frozen Peas (thawed)
2 cups Baby Spinach (chopped)
2 cans Tuna (drained and flaked)
3 tbsps Red Wine Vinegar
1 tbsp Extra Virgin Olive Oil
2 tbsps Dijon Mustard
1/4 tsp Sea Salt
1/4 tsp Black Pepper

Directions

- 1 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 2 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

Notes

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

Canned Tuna: One can of tuna is equal to 165 grams (5.8 ounces).

No Tuna: Use diced chicken breast instead.

Vegetarian and Vegan: Skip the tuna and add extra lentils.



Creamy Roasted Garlic & Kale Soup with Cauliflower

4 servings

1 hour 15 minutes

Ingredients

- 12 Garlic (cloves, peeled and trimmed)
- 1 Yellow Onion (large, roughly chopped)
- 1 head Cauliflower (sliced into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 8 cups Kale Leaves (packed)
- 3 3/4 cups Vegetable Broth (divided)

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers: Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With: An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick: If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



Shrimp Zoodle Stir Fry

3 servings

25 minutes

Ingredients

- 1/2 cup Vegetable Broth (or Chicken Broth)
- 2 tbsps Tamari
- 3 Zucchini (large)
- 2 tbsps Coconut Oil (divided)
- 3 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (grated)
- 1 lb Shrimp (peeled and deveined)
- 1 Yellow Bell Pepper (large, sliced)
- 1 cup Matchstick Carrots
- 1/4 cup Red Onion (diced)
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsp Sesame Seeds

Directions

- 1 In a small bowl, combine the vegetable broth and tamari. Set aside.
- 2 Spiralize your zucchinis into noodles and set aside.
- 3 Place half of the coconut oil in a large frying pan and heat over medium-low heat. Add the garlic and ginger and saute for a minute. Add the shrimp and saute for about 3 minutes or until cooked through. (Note: Shrimp should be pink on all sides.) Transfer the shrimp to a bowl and set aside while you prepare the rest.
- 4 Increase heat to medium. Add remaining coconut oil to the pan along with the bell peppers, carrots, red onion and asparagus. Saute for 4 minutes or until veggies are slightly tender. Add your broth/tamari mix and stir for another 4 minutes.
- 5 Add the shrimp back into the pan along with your zucchini noodles. Use tongs to toss and coat for 1 to 2 minutes or until zucchini noodles are slightly softened.
- 6 Divide stir fry onto plates and sprinkle with sesame seeds. Enjoy!

Notes

More Greens: Add wilted spinach or kale.

Likes it Spicy: Serve with hot sauce or sprinkle with red chili flakes.

Thicker Sauce: Add coconut flour or almond flour to the broth/tamari mix to thicken it.

No Shrimp: Use chicken or beef instead.

Vegan: Skip the shrimp and use edamame, chickpeas or white beans instead.



Ginger Chicken Stir Fry

4 servings

30 minutes

Ingredients

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

Directions

- 1 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies: Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With: Brown rice, pasta or quinoa.

Leftovers: Keeps well in the fridge up to 3 days.

Vegan and Vegetarian: Use chickpeas or tofu instead of chicken.

Make It Faster: Use pre-sliced veggies from the bag.



Citrus Coconut White Fish

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1/8 tsp Sea Salt
- 1/2 Tomato (large, diced)
- 1/4 cup Orange Juice (freshly squeezed)
- 1/4 cup Canned Coconut Milk (full-fat)
- 1/4 cup Cilantro (chopped)
- 2 Cod Fillet

Directions

- 1 In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
- 2 Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
- 3 Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
- 4 Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

Notes

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

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

Additional Toppings: More cilantro, lime wedges, or red pepper flakes.

No Cod: Use another white fish, like haddock, instead.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.