

Golden Turmeric Latte~ P2PA

7 ingredients · 10 minutes · 2 servings



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Ingredients

- 1 **tbsp** Ginger (grated)
- 1 **cup** Canned Coconut Milk
- 1 **cup** Water
- 1 **tsp** Turmeric (powder)
- 1 **tbsp** Raw Honey
- 1/2 **tsp** Cinnamon
- 1 1/2 **tsps** Coconut Oil

Nutrition

Amount per serving

Calories	281	Protein	2g
Fat	25g	Vitamin A	2IU
Carbs	14g	Vitamin C	0mg
Fiber	1g	Calcium	26mg
Sugar	10g	Iron	1mg



Turmeric Lemonade ~P2PA

4 ingredients · 5 minutes · 3 servings



Directions

1. Add all ingredients to a pitcher and stir well until combined. Pour into a glass over ice and enjoy!

Ingredients

- 1 Lemon (juiced)
- 1/2 tsp Turmeric
- 1 tsp Maple Syrup
- 3 cups Water

Nutrition

Amount per serving

Calories	11	Protein	0g
Fat	0g	Vitamin A	1IU
Carbs	3g	Vitamin C	6mg
Fiber	0g	Calcium	28mg
Sugar	2g	Iron	0mg



Turmeric Beef Stuffed Squash~ P2PA

11 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
3. Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
4. To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
5. Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
6. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to half of a filled acorn squash.

More Flavor

Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

Additional Toppings

Top with cilantro or parsley.

No Acorn Squash

Use a different variety of squash or a sweet potato.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 Acorn Squash (halved, seeds removed)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1/4 tsp Cinnamon
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Canned Coconut Milk (full fat)

Nutrition

Amount per serving

Calories	375	Protein	26g
Fat	18g	Vitamin A	1313IU
Carbs	29g	Vitamin C	34mg
Fiber	5g	Calcium	131mg
Sugar	3g	Iron	7mg



Shrimp & Veggie Curry

13 ingredients · 20 minutes · 2 servings



Directions

1. In a large pot, heat the oil over medium-high heat. Add the onion, garlic and ginger and cook for about 5 minutes until the onion has softened. Add the turmeric, salt and cinnamon and stir to combine.
2. Stir in the coconut milk and water and bring to a gentle boil then add the carrots. Stir often and let the carrots cook for 5 to 7 minutes until just tender.
3. Add the zucchini and the shrimp. Continue to stir often and cook for another 3 to 5 minutes or until the shrimp are cooked through and zucchini is just tender. Stir in the lime juice, if using. Divide between plates & enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Use yellow curry powder instead of turmeric. Add cumin, chili powder or coriander.

Additional Toppings

Serve with cilantro, red pepper flakes or extra lime wedges.

More Veggies

Add spinach or kale leaves.

Serve it With

Serve alongside cauliflower rice, brown or jasmine rice, or quinoa.

Ingredients

- 1 **tblsp** Coconut Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 **tblsp** Ginger (fresh, minced or grated)
- 2 **tsps** Turmeric
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Cinnamon
- 1 **cup** Canned Coconut Milk (full fat)
- 1/2 **cup** Water
- 1 Carrot (peeled, sliced)
- 1 Zucchini (sliced)
- 12 **ozs** Shrimp (peeled, deveined)
- 1 **tblsp** Lime Juice (optional)

Nutrition

Amount per serving

Calories	477	Protein	38g
Fat	29g	Vitamin A	5296IU
Carbs	16g	Vitamin C	23mg
Fiber	4g	Calcium	171mg
Sugar	8g	Iron	4mg

