



# *13 Recipes for Clean Eating* CONSCIOUS COOKOUT



Jo Schaalman and Jules Peláez

# Welcome!

We're Jo and Jules,  
Co-Founders of the  
Conscious Cleanse!



*Thank you for downloading Conscious Cookout: 13 Recipes for Clean Eating!*

Hooray! The return of our favorite season is here!

If you're like us you're psyched for summer and all that it brings – picnics in the park, beach time, potlucks, camping trips, and cookouts with friends and family!

All this fun comes with plenty of opportunities for on-the-go eating, fried foods, beer, wine, margaritas, you name it! So to help you stay vibrant, we've pulled together all our favorite summertime recipes to keep you feeling fabulous.

Enjoy this compilation of both **cleanse-approved** and **80:20** recipes – perfect for your next BBQ or family gathering.

Ready to fire up the grill and get cooking?! Let's eat!

With love and summer fun,

*Jo & Jules ♥*

Jo Schaalman and Jules Peláez,  
Founders of the Conscious Cleanse

PS – Hungry for more great recipes and tips for vibrant living? Sign up **here** to be notified when our **September 6 Cleanse** opens.

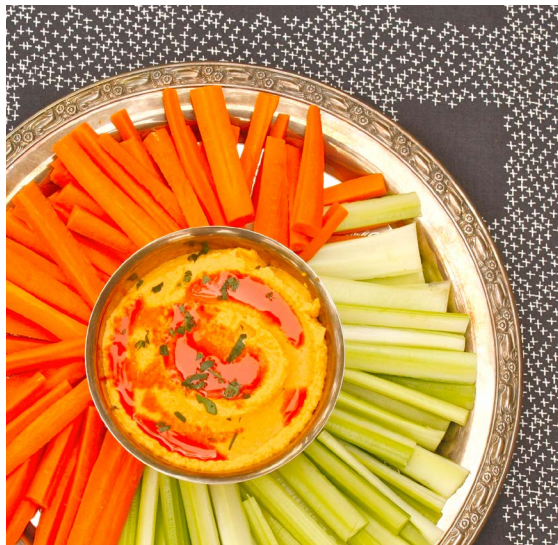




# Cauliflower “Buffalo” Hummus



Yield: 8-10 servings



## Ingredients:

- 1 cup cauliflower, steamed for 8-10 minutes
- 1 can garbanzo beans, rinsed and drained
- ¼ cup plus 2 TB hot sauce (make sure to use a high quality hot sauce with no preservatives)
- 2 TB **apple cider vinegar**
- ⅛ tsp cayenne pepper
- 3 cloves garlic
- ⅓ cup tahini
- ½ tsp sea salt
- ¼ cup **olive oil**
- 1 tsp fresh parsley, basil, or chives
- Carrot and celery sticks, for dipping

**Directions:** In a food processor fitted with an S blade place cauliflower, garbanzo beans, hot sauce, vinegar, cayenne pepper, garlic, tahini, and sea salt. Puree until smooth (it can take a few minutes due to the cauliflower). Once smooth slowly add the olive oil and continue to puree until creamy. Place in a serving bowl and garnish with additional hot sauce and fresh herbs if desired. Serve with carrot and celery sticks.

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# Consciously Creamy “Potato” Salad

Yield: 4 cups



## Ingredients:

- 1.5 lb turnips, peeled and chopped into bite-size pieces
- 1 TB **coconut oil**
- ½ tsp sea salt, divided
- 1 ripe avocado
- 1 TB brown mustard
- 3 TB red onion, diced
- 2 TB fresh dill, chopped
- 1 TB fresh fennel, diced
- ½ cup cucumber, diced
- 1 TB fresh lemon juice
- Freshly ground pepper, to taste



**Instructions:** Preheat the oven to 450 degrees F. Line a baking sheet with parchment paper. In a large bowl, combine the turnips, coconut oil, and ¼ tsp of sea salt. Using hands, massage turnips until each piece is well-coated with oil and salt. Spread turnips on the baking sheet and bake for about 30 minutes, or until very soft. Stir and flip after 15 minutes. Using the same large bowl, combine the avocado, brown mustard, dill, lemon juice, remaining ¼ tsp sea salt, and pepper. Mash mixture together with a fork. Add red onion, fennel, and cucumber, and stir to mix. Allow the roasted turnips to cool on the baking sheet for at least 20 minutes. When cool, gradually add the turnips to the creamy avocado sauce, mixing gently to coat. Refrigerate entire mixture for at least 1 hour so that salad can completely cool and the flavors can meld. Serve chilled. Refrigerate in a glass container for up to 3 days.



# Beet Hummus

Yield: 1 ½ cups



## Ingredients:

- 3 medium beets, peeled and quartered
- 3 TB **olive oil**, divided
- 2 TB tahini
- ¼ cup freshly squeezed lemon juice
- 1 clove garlic, minced
- ½ tsp sea salt
- ½ tsp freshly ground black pepper



**Directions:** Preheat oven to 375 degrees F. Place beets in baking dish and toss to coat with 1 tablespoon of olive oil. Cover and bake until soft, about 20 minutes. In a food processor fitted with an S blade, process cooked beets, tahini, lemon juice, garlic, remaining 2 tablespoons olive oil, sea salt, and black pepper until smooth. Cover and refrigerate for at least 1 hour to allow flavors to develop. Serve with sliced cucumbers, carrots and celery. Refrigerate leftovers for up to one week.

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# Not Your Grandma's Three Bean Salad



Yield: 6 servings

## Ingredients:

- ¼ cup **olive oil**
- 1 tsp ground cumin
- ½ tsp smoked paprika
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can black-eyed peas, drained and rinsed
- 1 (15-ounce) can chickpeas, drained and rinsed
- ½ cup red onion, chopped
- 2 cups celery, thinly sliced
- 2 TB fresh lime juice
- 1 TB. apple cider vinegar
- ½ cup fresh cilantro, chopped
- 1 tsp garlic, finely chopped
- 1 ½ tsp sea salt
- ¼ tsp black pepper



**Instructions:** In a small heavy skillet over moderately low heat, heat oil until hot but not smoking. Next add cumin and smoked paprika, stirring, until fragrant and a shade darker, about 30 seconds. Pour into a large heatproof bowl. Add beans, onion, celery, lime juice, apple cider vinegar, cilantro, garlic, salt, and pepper to the cumin and smoked paprika oil. Toss to coat. Let stand 10 minutes for flavors to blend.





# Summer Coleslaw

Yield: 2 salads

## Ingredients:

- ½ red onion, thinly sliced
- 1 TB sea salt
- Juice of 1 lime
- ½ head red cabbage, shredded
- 1 cucumber, sliced into half-moon shapes
- 1 lb asparagus, sliced into thin discs (with the last woody inch discarded)
- ¼ cup parsley, chopped
- Freshly ground black pepper
- ⅓ cup **apple cider vinegar** or rice vinegar
- ¼ cup **olive oil**
- ½ cup walnut pieces (optional)



**Instructions:** Put onion slices into a small bowl and cover with sea salt. Toss to mix and let sit for 10 minutes. Rinse the onion with warm water to remove salt. Add lime juice, toss to mix, and let sit another 10-20 minutes. Combine cabbage, cucumber, parsley, and asparagus in a large bowl. Whisk together oil and vinegar and drizzle over the vegetables. Once onions have softened and turned a pinkish color, drain the remaining lime juice into the large bowl. Give the onion slices a rough chop and add to the large bowl. Add in the walnut pieces (optional). Toss with tongs until vegetables are coated in dressing. Refrigerate for at least 1 hour or overnight. Can be stored in the refrigerator for up to 1 week.

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# Carrot Top Pesto Salad

Yield: 4 servings

## Ingredients:

- 1 bunch organic carrots, with green tops reserved
- 2 beets, peeled
- Juice of 1 lemon
- 1 clove garlic, peeled
- 1 clove garlic
- ¼ cup raw almonds or sunflower seeds, soaked in water for 4 hours, then drained rinsed
- ⅓ cup **olive oil**
- ¼ tsp sea salt
- Fresh ground pepper to taste



**Instructions:** In a food processor fitted with the shredder blade (a hand grater works too!), shred the carrots and beets. In a medium sized bowl toss the shredded beets and carrots with the lemon juice and set aside. To make the pesto, use the same food processor bowl fitted with the S blade and add the washed carrot tops, garlic, and almonds or sunflower seeds. Pulse a few times to break up the ingredients. With the food processor running, slowly drizzle in olive oil until mixture is emulsified but still has some texture. Add salt and pepper and pulse once more. Add ¾ of the pesto mixture to the shredded carrot and beet mixture. Toss to coat. Serve salad with remaining pesto on the side.



# Vegan Mac and Cheese



Yield: 4-6 servings

## Ingredients:

- 1 small white onion, chopped
- 2 garlic cloves, peeled and chopped
- 1 TB **olive oil**
- 2 cups water
- 2 cups canned coconut milk
- ½ cup nutritional yeast\*
- Juice of 1 lemon
- 1 tsp salt
- 1 tsp garlic powder
- **Brown rice pasta**, zucchini noodles, or kelp noodles

**Instructions:** To make the sauce, warm a sauté pan over medium heat adding the olive oil, onion and garlic. Sauté until translucent. Remove from heat and allow it to cool. Meanwhile, in a Vita-Mix or other high-speed blender, add cashews, water, coconut milk, nutritional yeast\*, lemon, salt and garlic powder. Then add the cooled onion and garlic. Turn blender on, gradually increasing speed to high. Blend on high for 3 minutes, or until the sauce is creamy and no bits of nuts remain. Taste for seasoning. Prepare your noodles by following the directions on the back of the package. Options are brown rice noodles (for 80:20), kelp noodles, or make zucchini noodles using a spiralizer. Place the amount of sauce you would like in a saucepan and simmer for 1 to 2 minutes until it thickens, adding noodles as desired. Season with salt and pepper to taste and enjoy. The sauce makes more than you need for 4-6 servings and will keep for up to a week refrigerated. Option to serve with sautéed spinach and mushrooms.

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# Grilled Dry Rub Chicken Wings

Yield: 4 servings

## Ingredients:

- 2 lbs organic chicken wings
- 2 TB **olive oil**
- 3 garlic cloves, minced
- ½ tsp cayenne pepper
- 1 tsp dried oregano
- 1 tsp dried rosemary
- 1 tsp hot chili powder
- 1 tsp sea salt



**Instructions:** Preheat grill to medium heat. In a plastic bag place wings, olive oil, garlic, and spices. Shake to combine. Marinate for 30 minutes in the refrigerator. Grease grill and place wings on. Cook for 8 minutes on each side. Enjoy hot!





# Buffalo Kabobs with Beet “Pesto” Dipping Sauce



Yield: 4 servings

## Ingredients:

- 2 lbs buffalo (ribeye or new york strip works well here)
- Sea salt
- Fresh ground pepper
- 1 medium sized red beet, peeled and grated
- ½ cup parsley, chopped
- 1 shallot, minced
- ¼ cup **olive oil**
- 1 tsp **apple cider vinegar**
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper

**Instructions:** Trim the buffalo of any excess fat. Cut the buffalo into 1 ½" cubes. Season with salt and pepper. Slide the pieces of meat onto wooden or metal skewers. If you choose to use wooden skewers it works best to soak them in water for about 10 minutes prior to grilling to keep them from burning up on the grill. Heat the grill to about 450 degrees F. Cook the kabobs for about 10 minutes flipping once, or to your desired doneness. Meanwhile in a small bowl combine the grated beet, parsley, shallot, olive oil, vinegar, salt, and pepper. Stir until combined. To serve place the kabobs on a serving plate and drizzle with 1/3 of the sauce. Pass the rest of the sauce for dipping. Enjoy!



# Wild Salmon Burger

Yield: 2 servings

## Ingredients:

- 1 tsp lemon juice
- ½ tsp sea salt
- Freshly ground pepper to taste
- 1 lb boneless, skinless wild salmon fillets, cut into 2-inch pieces
- ⅛ cup cilantro, chopped
- ⅛ cup parsley, chopped
- ½ tsp fresh ginger, minced
- ½ tsp turmeric
- ½ tsp cumin
- ½ tsp coriander
- 1 TB olive oil
- 4 large lettuce leaves (romaine, bibb, or red leaf)
- 1 avocado, sliced for garnish



**Instructions:** In a small food processor fitted with the S blade, pulse the salmon pieces about 8-10 times. Make sure to not puree the fish. Transfer the fish to a bowl and gently mix in the onion, cilantro and parsley. Add in lemon, sea salt, ginger, turmeric, cumin, coriander, and black pepper. Wash your hands and make the salmon into 4 patties. Heat olive oil in a large pan over high heat. Place salmon burger in the pan and cook until brown on the outside and cooked through the center, about 3-4 minutes per side. Place each patty on a leaf of lettuce and garnish with a few slices of avocado.

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## Conscious Moscow Mule



Yield: 2 quarts

## Ingredients:

- 1 cup ginger, peeled and chopped
- ¾ cup maple syrup or honey
- ½ cup apple cider vinegar
- ⅔ cup freshly squeezed lemon juice
- 1 shot gin or vodka (optional)

**Instructions:** In a 2-quart saucepan place the ginger and cover with filtered water about ⅔ full. Bring water to a boil and allow ginger to boil for about 2 minutes. Remove from heat, cover, and let ginger steep for 20 minutes. In a 2-quart pitcher, add maple syrup, apple cider vinegar, and lemon juice. Strain ginger as you are pouring into pitcher. Stir and mix all ingredients well. Add gin or vodka to each individual glass if using then top the glass off with the switchel. Pour over ice and enjoy.





# Vegan Chocolate Chip Ice Cream

Yield: 6 servings

## Ingredients:

- 1 ripe avocado
- 4 ripe bananas, peeled, chopped into pieces, frozen
- ¼ cup cacao powder
- Pinch sea salt
- 1 tsp maple syrup
- 3 TB cacao nibs



**Instructions:** In a food processor fitted with the S blade or high speed blender, place avocado and frozen banana pieces and blend until no lumps remain. This could take a while and the mixture might need some help by scraping down the sides. If the mixture is too thick let it sit for a few minutes to soften. This helps to get it moving in the food processor. Scrape down the sides and add the cacao, sea salt, and maple syrup. Process until smooth and combined thoroughly. Scrape the mixture into a freezer safe bowl and stir in the cacao nibs. Serve immediately or cover and freeze until serving. If serving from the freezer let it sit for a moment or two to soften a bit.

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# Fresh Fruit Tropical Popsicles



Yield: 6 popsicles



## Ingredients:

- ½ cup coconut water
- ½ heaping cup pineapple, chopped
- ½ heaping cup mango, chopped
- 1 ripe banana, peeled
- 1 TB freshly squeezed lime juice (about ½ lime)
- 3 kiwis, peeled and sliced

**Instructions:** In a high-speed blender, blend coconut water, pineapple, mango, banana and lime juice until creamy. Transfer to a glass Pyrex measuring cup for easier pouring. Set up popsicle molds and prepare to fill. Start by placing one kiwi slice in each mold. Fill each mold  $\frac{3}{4}$  of the way to the top with pineapple/mango puree. Top with additional kiwi slices. Secure the popsicle sticks and lids and place in the freezer for four hours. To release molds, run popsicle under hot water until the mold can be removed.



# Vanilla Custard Fruit Tart

Yield: 8 servings

## Ingredients for the crust:

- $\frac{3}{4}$  cup walnuts
- 1  $\frac{1}{2}$  cups almond flour
- 3 tablespoons coconut oil
- 2 tablespoons maple syrup
- 1 egg
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon vanilla

## Ingredients for the filling:

- 3 cups berries of choice
- $\frac{1}{2}$  tablespoon gelatin, unflavored
- 1 tablespoon water
- 1 cup almond milk
- $\frac{1}{4}$  cup maple syrup
- 1 vanilla bean, seeds scraped and bean reserved
- 3 egg yolks
- 1 cup coconut cream (from a cold can of coconut milk)



**Instructions:** In a small bowl, combine gelatin and 1 tablespoon of water to soften. In a small saucepan over medium-high heat, warm the almond milk, vanilla bean seeds and shell for 2-3 minutes. In a separate bowl, whisk the maple syrup and egg yolks. Pour the heated milk/vanilla bean mixture into the bowl with the egg yolks and syrup while whisking. Return the mixture to the saucepan for 2-3 minutes. Whisk mixture in saucepan. Pour in the soft gelatin. Whisk until gelatin is dissolved. Continue to heat for 5 minutes until custard has thickened. Pour custard into a bowl. Place a piece of plastic wrap on top of the bowl so that skin does not form. Chill in refrigerator for 5 hours. Preheat oven to 350 degrees F. In a food processor with a S blade, grind walnuts until it becomes a coarse flour. Add almond flour, salt, baking soda, cinnamon, coconut oil, maple syrup, egg, and vanilla and pulse until a ball of dough forms. Press the dough into a tart pan with removable base. Using the palms of your hands press the dough to the bottom and sides pan. Cut a circle of parchment paper. Press it onto the bottom of the crust. Fill bottom with pie weights. Bake for 10 minutes. Remove the weights and parchment paper. Bake for another 5 minutes. Allow crust to cool completely. Remove custard from the fridge. Add coconut cream from the top of 1 can of coconut milk. Using an electric mixer, whip the custard until thick and creamy. Spread the custard into the cooled pie crust. Chill the tart for an hour to let the custard set up. Arrange your berries in a circular pattern. Keep in the fridge until ready to serve.

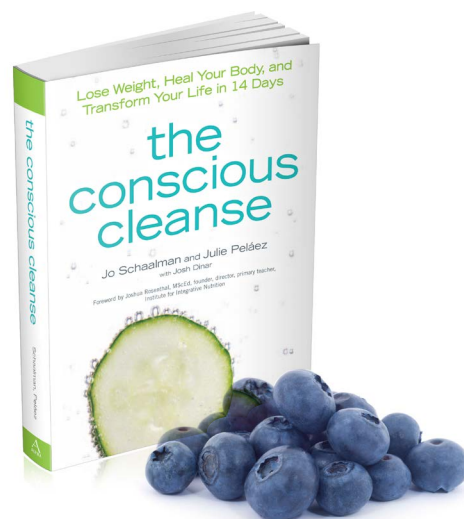




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With love and vibrant veggies,

*Jo & Jules* ♥

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