

RECIPE

# Balsamic Roasted Beets



Created by Leah Grace Barack, M.S.

Grace Functional Nutrition

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## Ingredients

- 1 bunch beets, trimmed and scrubbed
- 2 Tbs avocado oil
- 1 Tbs balsamic vinaigrette
- ½ tsp salt

## Preparation

1. Preheat the oven to 425° F.
2. Cut beets into small ½ inch cubes.
3. Toss beets with 1 Tbs avocado oil and ¼ tsp salt.
4. Spread on a parchment paper-lined baking sheet, and bake for 20 minutes.
5. Meanwhile, combine the remaining 1 Tbs avocado oil, balsamic vinaigrette, and ¼ tsp salt in a small bowl. After 20 minutes remove beets, cover with balsamic mixture, stir, and place back in the oven to bake for 15-20 minutes, or until beets are easily pierced with a fork.
6. Remove from the oven and let cool.

RECIPE

# Ginger Chicken Cabbage Stir-Fry



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## Ingredients

- 1 lb chicken thighs or breast, cut into bite-sized pieces
- 4 Tbs coconut aminos or tamari, divided
- 2 Tbs avocado oil
- ½ large yellow onion, diced
- 1 1.5-inch piece ginger, freshly grated
- 3 cloves garlic, minced
- 1 cup purple cabbage, chopped
- 2 large carrots, sliced thinly
- ½ Tbs arrowroot powder
- 1 Tbs sesame oil + more for topping
- 1 tsp rice wine vinegar

## Preparation

1. Marinate chicken with 2 Tbs coconut aminos while you prepare the other ingredients.
2. Warm a large pan over medium heat, add avocado oil, then chicken. Cook chicken for ~5 minutes or until cooked through.
3. Meanwhile, combine remaining coconut aminos, sesame oil, arrowroot powder, and rice wine vinegar in a bowl and set aside.
4. Remove chicken from the pan and set aside.
5. Add onion, ginger, and garlic. Saute for 2-3 minutes, stirring frequently. Add carrots and cabbage, and cook for 3-5 minutes or until carrots are almost tender. Add chicken back in, and add sauce. Cook for another 3-5 minutes, stirring frequently.
6. Remove from heat, and drizzle with sesame oil and more coconut aminos if needed.

RECIPE

# Green Detox Smoothie



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## Ingredients

- 1 serving of collagen peptides
- 1 green apple, sliced with seeds removed
- 1 cup raw spinach
- 1 ½-inch piece of raw ginger, peeled
- 1 Tbs flax seeds
- ½ tsp ceylon cinnamon
- 1 tsp spirulina
- \*1 cup dairy-free milk
- \*1 tsp matcha
- ¾ cup ice
- 1 date (optional, omit for low-sugar option)

*\*Alternatively, you can use 1 cup of cold green tea instead of matcha and dairy-free milk. Prepare green tea by steeping in hot water for 5-7 minutes. Remove the tea bag, and let cool by placing in the fridge or adding ice cubes.*

## Preparation

1. Combine all ingredients in a high-speed blender.
2. Blend on high for at least 1-2 minutes, and enjoy immediately.