



Dr. Misa

**14-Day ReCharge Detoxification
Program - Snacks & Sides**

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Mint Chocolate Fat Bombs

8 servings

50 minutes

Ingredients

- 1/2 cup Almond Butter
- 1/4 cup Coconut Oil
- 3 tbsps Cocoa Powder
- 1/2 tsp Vanilla Extract
- 1/2 tsp Peppermint Extract
- 1/8 tsp Stevia Powder

Nutrition

Amount per serving	
Calories	162
Fat	16g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	4g
Sodium	2mg

Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 3 Add the almond butter and coconut oil to the smaller pot and allow them to melt and stir to combine. Stir in the cocoa powder.
- 4 In a small bowl combine the vanilla, mint and stevia powder and stir until the stevia has fully dissolved. Add the stevia mixture to the almond butter mixture and stir well to combine.
- 5 Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers: Keep in the freezer for up to one month. They will melt at room temperature.

Serving Size: One serving is one fat bomb.

No Almond Butter: Use cashew butter or sunflower seed butter instead.

More Flavor: Adjust stevia and mint extract to taste. Add pinch of salt.

No Stevia Powder: Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

No Paper Baking Cups: Use a silicone mold instead.



Coconut Apricot Grain-Free Granola

8 servings
 20 minutes

Ingredients

- 2 cups Unsweetened Coconut Flakes
- 1/2 cup Dried Apricots (chopped)
- 2 tbsps Coconut Butter (melted)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	193
Fat	16g
Carbs	15g
Fiber	4g
Sugar	9g
Protein	2g
Sodium	46mg

Directions

- 1 Preheat the oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 In a medium-sized bowl add the coconut flakes, dried apricots, melted coconut butter, maple syrup, cinnamon and sea salt. Mix well.
- 3 Place the mixture on the prepared baking sheet and flatten it out with the back of a spoon. Bake for 14 minutes, stirring halfway through.
- 4 Let it cool on the baking sheet for 5 to 10 minutes. Serve and enjoy!

Notes

Leftovers: Store in an airtight container for up to seven days.

Serving Size: One serving size is equal to approximately 1/3 cup granola.

More Flavor: Add more spices such as ginger, nutmeg or cloves.

No Coconut Butter: Use melted coconut oil instead, or a mix of both butter and oil.

No Maple Syrup: Omit or use honey instead.



Chocolate Avocado Pudding

3 servings
10 minutes

Ingredients

- 2 Avocado
- 1/2 cup Pitted Dates (chopped, soaked and drained)
- 2 tbsps Maple Syrup
- 1/2 cup Plain Coconut Milk (from the carton)
- 1/3 cup Cocoa Powder

Nutrition

Amount per serving	
Calories	353
Fat	22g
Carbs	45g
Fiber	14g
Sugar	26g
Protein	5g
Sodium	19mg

Directions

- 1 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cocoa powder and blend again until combined.
- 3 Serve chilled. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of pudding.

More Flavor: Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings: Fresh berries or toasted coconut.

Dates: Medjool dates were used to create this recipe.

No Coconut Milk: Use another non-dairy or dairy milk instead.

No Food Processor: Use a blender instead.



Banana Mango Chia Pudding

4 servings
30 minutes

Ingredients

- 1/3 cup Chia Seeds
- 1 3/4 cups Canned Coconut Milk
- 2 1/2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1 Mango (cubed)
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	378
Fat	24g
Carbs	37g
Fiber	6g
Sugar	24g
Protein	5g
Sodium	29mg

Directions

- 1 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with mango and banana. Enjoy!

Notes

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

Additional Toppings: Top with coconut flakes.



Raspberry Avocado Ice Cream

2 servings

5 minutes

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	285
Fat	19g
Carbs	30g
Fiber	12g
Sugar	13g
Protein	3g
Sodium	15mg

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size: One serving is equal to approximately 3/4 cup.

More Flavor: Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings: Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries: Use strawberries instead.



Tropical Ginger Smoothie

1 serving
10 minutes

Ingredients

- 3/4 cup Pineapple (diced)
- 1 tbsp Ground Flax Seed
- 1 1/2 tsps Ginger (peeled and grated)
- 2 cups Baby Spinach
- 1/2 cup Water
- 4 Ice Cubes
- 1/4 cup Blueberries

Nutrition

Amount per serving	
Calories	134
Fat	3g
Carbs	26g
Fiber	6g
Sugar	16g
Protein	4g
Sodium	52mg

Directions

- 1 Place all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 2 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 3 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!



Coconut Matcha Smoothie

2 servings

5 minutes

Ingredients

2/3 cup Canned Coconut Milk (full fat, refrigerated overnight)
1 1/2 cups Unsweetened Almond Milk
2 Banana
2 cups Baby Spinach
2 tbsps Hemp Seeds
2 tsps Green Tea Powder (matcha)

Nutrition

Amount per serving	
Calories	330
Fat	21g
Carbs	32g
Fiber	5g
Sugar	16g
Protein	7g
Sodium	166mg

Directions

- 1 Place all ingredients together in a blender. Blend until smooth.
- 2 Divide between glasses. Top with any leftover coconut cream and enjoy!

Notes

No Coconut Milk: Replace coconut milk with more almond milk.

More Protein and Fibre: Add ground flax seed.



Everything Bagel Cauliflower Steaks

4 servings
 20 minutes

Ingredients

- 1 head Cauliflower (cut into steaks)
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Everything Bagel Seasoning
- 1/4 cup Tahini
- 1 1/2 tbsps Lemon Juice

Nutrition

Amount per serving	
Calories	247
Fat	22g
Carbs	11g
Fiber	4g
Sugar	3g
Protein	5g
Sodium	512mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the cauliflower steaks on the baking sheet and rub the olive oil all over the cauliflower. Add the everything bagel seasoning all over the sides and top of the steaks. Place in the oven to bake for 13 to 15 minutes, flipping half way through.
- 3 Meanwhile, add the tahini and lemon juice in a small jar and shake to combine.
- 4 Remove the cauliflower, divide onto plates and serve with lemon tahini sauce. Enjoy!

Notes

Leftovers: Store the cauliflower separate from the dressing. Refrigerate the cauliflower in an airtight container for up to four days. The tahini dressing can be refrigerated for up to one week.

Serving Size: One serving is equal to about two cauliflower steaks.

More Flavor: Add nutritional yeast and/or red pepper flakes to the cauliflower.

Additional Toppings: Freshly chopped parsley.



Everything Bagel Seasoning

18 servings

5 minutes

Ingredients

- 1/4 cup Poppy Seeds
- 1/4 cup Sesame Seeds
- 1/4 cup Garlic Powder
- 1/4 cup Dried Onion Flakes
- 3 tbsps Sea Salt

Nutrition

Amount per serving	
Calories	33
Fat	2g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	1g
Sodium	1182mg

Directions

- 1 Combine all ingredients in a jar and shake to mix well.

Notes

Serve it On: Eggs, roasted veggies or to season meat/fish.

Storage: Store tightly sealed in a jar in a cool cupboard up to 3 months.



Overnight Paleo N'Oats

3 servings

5 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	591
Fat	49g
Carbs	26g
Fiber	16g
Sugar	4g
Protein	21g
Sodium	85mg

Directions

- 1 Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
- 2 In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating: Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers: Store in an airtight jar in the fridge up to 5 days.

More Toppings: Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet: Drizzle with maple syrup or honey.

No Almond Milk: Use any other type of milk instead.



Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

- 3/4 cup Pitted Dates
- 1/2 cup Almonds (raw)
- 1/4 cup Cashews (raw)
- 1/2 tsp Cinnamon (ground)
- 1/4 tsp Ground Ginger
- 1/2 tsp Vanilla Extract
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	78
Fat	4g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	2g
Sodium	50mg

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size: One serving is equal to one ball.

Leftovers: Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



Celery Root & Parsnip Mash

4 servings

35 minutes

Ingredients

- 2 1/2 cups Celery Root (peeled, cubed)
- 3 Parsnip (peeled, chopped)
- 1/2 cup Vegetable Broth
- 1 tbsp Extra Virgin Olive Oil
- 3/4 tsp Sea Salt
- 1/2 tsp Dried Thyme

Nutrition

Amount per serving	
Calories	158
Fat	4g
Carbs	30g
Fiber	6g
Sugar	7g
Protein	3g
Sodium	634mg

Directions

- 1 Add the celery root and parsnips to pot of salted water. Bring to a boil and cook the vegetables for about 15 minutes or until very tender. Drain the water and transfer the cooked vegetables back into the warm pot to rest for 5 minutes.
- 2 Add the cooked vegetables to a food processor along with the broth, olive oil, salt and thyme. Blend until smooth. Season with additional salt if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup of mash.

More Flavor: Add garlic powder, onion powder or black pepper.

Additional Toppings: Top with fresh thyme. Serve with butter.

No Broth: Use a dairy or non-dairy milk instead.



Charred Kale Salad with Tahini Dressing

2 servings
15 minutes

Ingredients

- 2 tbsps Lime Juice
- 2 tbsps Tahini
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 cup Cilantro (roughly chopped)
- 1/4 tsp Sea Salt
- 1 tbsp Water
- 4 cups Kale Leaves (stem removed, roughly torn)
- 2 tps Sesame Seeds (toasted)
- 1 Blood Orange (peeled, roughly chopped into segments)
- 2 tbsps Pumpkin Seeds (optional)

Nutrition

Amount per serving	
Calories	436
Fat	41g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	7g
Sodium	340mg

Directions

- 1 In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
- 2 Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
- 3 Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

Notes

Leftovers: The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

No Blood Orange: Use a regular orange or grapefruit.



Sesame Roasted Green Beans

3 servings
25 minutes

Ingredients

- 2 cups Green Beans (trimmed)
- 2 tbsps Tamari
- 2 tbsps Sesame Oil
- 2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Calories	142
Fat	12g
Carbs	7g
Fiber	3g
Sugar	2g
Protein	4g
Sodium	675mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment.
- 2 Toss the green beans with tamari, sesame oil and sesame seeds. Lay flat on baking sheet and place in oven for 20 minutes.
- 3 Remove from oven and enjoy!

Notes

Likes it Spicy: Sprinkle with chili flakes after roasting.



Sesame Cabbage Slaw

6 servings
15 minutes

Ingredients

6 cups Purple Cabbage (thinly sliced)
3 tbsps Sesame Oil
3 tbsps Rice Vinegar
1 Garlic (clove, minced)
3 tbsps Sesame Seeds (optional)
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a large bowl, combine the cabbage, sesame oil, rice vinegar, garlic, sesame seeds, salt and pepper. Mix well. Enjoy!

Notes

Storage: Keeps well in the fridge for 4 to 5 days.

Nutrition

Amount per serving	
Calories	114
Fat	9g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	2g
Sodium	25mg



Ginger Lime Tahini Dressing

12 servings

5 minutes

Ingredients

- 2 Lime (juiced)
- 1/3 cup Tahini
- 1/2 cup Water
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Ginger (peeled and grated)
- 2 tbsps Tamari
- 2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	77
Fat	6g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	2g
Sodium	177mg

Directions

- 1 Combine all ingredients in a jar, close the lid tightly and shake vigorously until well combined. Refrigerate until ready to use.

Notes

Serve it With: Salad, summer rolls, zucchini noodles or fish (as a marinade).

Storage: Refrigerate in an airtight jar up to one week.

Serving Size: One serving is equal to approximately two tablespoons of dressing.