



Sage Vita Wisetip 5 – The Star Body healthy recipes

The following Wisetips are excerpts from Barbara Meynert's book "How to Live to Be 100", published in 2008 by LULU Publishers.

"To achieve different results you have to be willing to change not only your internal rules but also the strategies that have been giving you the same undesired results over and over again"

Pedro Eloy, Founder of The Star Body™



Did you know you can eat chocolate, ice cream, pizza, fruit & vegetable juices, lasagna and at the same time put your health and fitness back on track?

Were you aware that just by using other ingredients and preparing your food in a different way, you supply your body with all the nutrients, vitamins and minerals you need for optimum performance?

We have included several easy-to-prepare recipes with ingredients you can easily find at your local supermarket that will help you to boost your energy levels, improve your health, lose those extra inches and build up your muscular structure.

To your health & fitness success!

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ENERGY SMOOTHIES

Use a blender to mix ingredients

BERRY-BOOSTER SMOOTHIE

1/2 cup frozen strawberries

1/2 cup frozen blueberries

1/2 cup frozen raspberries

1/2 cup apple juice

1/2 teaspoon lemon juice

1/2 cup ice

TROPICAL SMOOTHIE

1/4 cup apple juice

1 pinch grated coconut or 1 tablespoon coconut milk

1/2 banana

1/4 teaspoon fresh ginger root peeled

2 ice cubes

TANGO-MORANGO SMOOTHIE

1 banana

1 handful of strawberries

1/2 cup orange juice

A handful of ice cubes

TWISTER SMOOTHIE

1/2 cup orange juice

1 banana

6-7 frozen strawberries

4-5 slices frozen peaches

5-6 frozen blueberries

6-7 ice cubes

Fresh mint (optional)

CHOCOLATE SMOOTHIE

African Raw Chocolate

Almond Milk

1 banana

1 tablespoon Agave Syrup

3 ice cubes

FUZZY-BANANA SMOOTHIE

2 medium bananas quartered

1 pint orange raw sorbet

1 cup mandarin or tangerine juice

SUPER-BERRY SMOOTHIE

1 cup blackberries

1 cup stemmed and halved strawberries

1 cup blueberries

1 cup almond milk

1/8 teaspoon ground cinnamon

3 ice cubes

TROPICAL-SPLASH SMOOTHIE

1 small banana, peeled and cut into chunks

2 tablespoons coconut milk

2 tablespoons lime juice

1/4 cup orange juice

1/4 cup pineapple juice

1/2 teaspoon ginger

3 ice cubes

ZINGER SMOOTHIE

1 cucumber, peeled, seeded and chopped

3 tablespoons mint leaves & mint sprigs finely chopped

1 1/2 cups apple juice

1 cup lemon raw sorbet

1 cup ice cubes

MELON-MINT SMOOTHIE

1 cup diced honeydew melon

1 cup diced seedless watermelon

1/2 cup passion fruit or mango juice

1 tablespoon lime juice

2 teaspoons honey

10 fresh mint leaves

3 ice cubes

SUNRISE SMOOTHIE

1 banana, peeled and sliced

1/2 cup of strawberries

1/2 cup of orange juice

A handful of ice cubes

APPLE-PINE SMOOTHIE

1/2 cup orange juice

1/4 cup pineapple juice

1/2 banana

1/4 tablespoon peeled fresh ginger root

1/2 cup crushed ice or 2 ice cubes

ISLAND-BERRY SMOOTHIE

1 frozen banana, peeled

1/2 fresh papaya

10-12 raspberries (fresh or frozen)

1/2 cup water or fruit juice

MANGORANGE SMOOTHIE

1/2 cup orange juice

1/2 cup peeled, pitted and sliced fresh mango

Agave Syrup / honey to taste

1/2 cup ice

Place the juice, fruit and Agave Syrup / honey in a blender. Blend on high speed for 30 seconds. Add ice and blend until smooth.

NUTRITIOUS RECIPES

QUINOA AS A SALAD COMPLEMENT

Quinoa seed is light and easily digested. It is gluten free and has the most complete nutrition and highest protein content (and balanced set of essential amino acids) of any grain, making it an ideal food for vegetarians and vegans.

Quinoa is simple to make, cooks very much like rice, and is absolutely delicious all by itself. Cooked quinoa is similar to couscous, but more substantial, tasty and nourishing.

Cooking Directions:

1. Soak the quinoa first for 15 min - 1/2 hour in its cooking pot. Soaking loosens up the outer coating of saponin, which can give a bitter taste if not removed.
2. If you don't have time for long soaking, use hot water and soak for five minutes, then give an extra rinse or two
3. Stir the quinoa with your hand, and carefully pour off the rinsing water, using a sieve at the last.
4. Put the quinoa back in the pot, add more water, and rinse again two or three more times, until the rinse water is pretty clear
5. Drain quinoa well in the sieve.
6. Place quinoa in the pot, add the water & salt - 1 cup quinoa, 1 1/2 cups cold water and 1/2 teaspoon of salt
7. Bring to a boil, cover with a tight fitting lid, and turn the heat down to simmer.

8. Cook for 20 minutes.
9. Remove from heat and allow to sit five minutes with lid on.

MIXED SALAD

Wild Garlic – roots, stems, bulbs, sliced

Wild dandelion leaves, chopped

1 cucumber

Red / yellow pepper – diced

Tomatoes – sliced

Black olives

Olive oil and lemon juice to taste

ASIAN SALAD

1 white cabbage – finely sliced

Handful Coriander Leaves

Cup of finely chopped cucumber

Cup of finely diced tomato

Handful of Cashews

1 green chili – finely sliced

Olive oil and lemon juice to taste

NOODLE SALAD

2 cups butternut squash noodles (use noodle machine or grate the squash in a food processor)

1 red pepper

Ginger & Lemon rind zest

Tamari / Soy sauce

3 spring onions, chopped fine

2 delicatessen coconut

Sesame oil

KALE SALAD

1 bag of kale

1 cup of chopped tomatoes

1 large avocado

Juice of half a lemon

Good sprinkling of garlic infused virgin olive oil, or normal virgin olive oil

Big pinch of cayenne pepper

Big pinch of sea salt

Place all ingredients in a bowl. Squeeze and mix with your hand to wilt the kale and churn the avocado into a creamy sauce. Serve immediately.

BROCCOLI AND SATAY SAUCE

Broccoli florets from 2 heads of broccoli

For Satay Sauce

1 inch of ginger

2 tablespoons raw almond butter

1 red chili

1 tablespoon Tamari sauce

3 dates, pitted

1 big garlic clove

Dash of water

Blend all ingredients, add water to make sufficiently runny and pour it over broccoli

SUNFLOWER PATÉ

2 Cups sunflower seeds and/or pumpkin seeds, soaked 4 hours

1/3 cup lemon juice

1/4 cup olive oil

1/4 red onion, chopped

2-3 cloves garlic, crushed

Pinch of Rock Salt

1/8 tablespoon cayenne pepper

4-6 Spring onions

¼ cup herbs, chopped (parsley, coriander, oregano, basil etc.)

Some water

Place the first 7 ingredients in a food processor and process until smooth. Then, add the spring onions and herbs and process until well incorporated leaving the herbs a bit chunky and the paté white (not green). Decorate with fresh herbs. Serve with flax crackers.

CANELLONI APPETIZERS

3 courgettes sliced length ways with a mandolin or potato peeler

For the filling:

2 cups of almonds soaked overnight

1 cup of pine nuts

2 tablespoons of olive oil

2 tablespoons of lemon juice

½ tsp salt

1 or 2 garlic cloves

1/3 teaspoon black pepper

½ teaspoon cayenne pepper

½ cup black olives

1 tablespoon fresh thyme, minced

2 tablespoons fresh basil, minced

Chop up the olives coarsely either by hand or in a food processor. Take out and set aside. Put the soaked almonds and pine nuts through a powerful blender to homogenise the cream. A food processor can also be used.

Place the homogenised nut mix in the food processor with everything else apart from the fresh herbs and olives. Mix together well. Mix in the fresh herbs and olives by hand

To Assemble:

Lay down a courgette strip onto a flat surface. Place a dollop of the filling mixture at one end and roll it up, securing with a toothpick if necessary. Place in a dehydrator (alternatively use an oven at the lowest possible heat and leave the oven door open) for anywhere from 1 – 6 hours. Serve warm.

VEGETARIAN MEAT BALLS

1 cup walnuts, soaked overnight

1 cup almonds, soaked overnight

1 cup mushrooms, chopped fine

½ cup grated carrot

1 tablespoon dark miso

¼ minced onion

2 tablespoon Tamari / Soy sauce

Homogenise nuts in a blender (or process fine in food processor).

Mix in all other ingredients and dehydrate for a few hours or cook at low heat.

AVOCADO AND CHILI SOUP

2 ripe avocados

3 cups soy milk

1/4 ounce can of green chilies

1/2 onion, chopped

Salt and pepper, to taste

2 tablespoons lime juice

2 tablespoons chopped fresh cilantro

PREPARATION:

In a food processor or blender, process together all ingredients except cilantro until smooth. Stir in the cilantro and serve chilled.

TOMATO SAUCE

1 cup of chopped fresh tomatoes

2 cups of sun dried tomatoes. Soak for 3 hours in water

1 tablespoon of date paste

¼ small onion

¼ cup olive oil

1 teaspoon of Himalayan rock salt

½ teaspoon black pepper

Pinch hot pepper flakes

Blend all and serve with meatballs

TAGLIATELLE WITH TRUFFLE CREAM SAUCE

Slice 5 courgettes on mandolin with Tagliatelle setting. If desired use a peeler to get the green skin off the courgette first.

SAUCE:

1/2 cup cashews

1 teaspoon truffle infused olive oil

1 teaspoon nutritional yeast

1/2 cup water

1/4 teaspoon salt

Blend all and pour over tagliatelle

LEAFY GREEN SALAD

Mix together a variety of leafy greens, e.g.

Lambs lettuce

Spinach

Flat lettuce

Rocket

EASY SALAD DRESSING

1½ cups olive oil

½ cup fresh squeezed lemon juice

2 tablespoon finely minced ginger

3 finely minced garlic cloves

Blend all ingredients together. Pour over leafy green salad.

HEALTHY SNACKS

Our suggestions for healthy snacks are:

NUTS AND SEEDS (*eat them individually or as a mix*)

- Pumpkin seeds
- Sunflower seeds
- Sesame seeds (shelled)

- Brazil nuts
- Almonds
- Hazelnuts

- Cache Nuts

CHOPPED VEGETABLES

- Cucumber
- Carrots
- Broccoli
- Cauliflower
- Tomato

Be creative and eat your chopped vegetables with a healthy sauce/paste (e.g. humus or sunflower paté).

SMOOTHIES

Use any of the smoothies recipes mentioned in this book or create your own recipes. Be creative and have fun with it!

Blend a combination of fresh fruits, vegetables, ice cubes and any other healthy ingredient to create highly nutritional smoothies!

FRESH PRESSED FRUIT & VEGGIE JUICES

Use either a masticating or a centrifugal juicer. The goal is to fuel your body with ready-to-absorb, fresh and raw nutrients that will skyrocket your health!

YUMMY HEALTHY DESSERTS!

MINT-CHOCOLATE ICE CREAM

4 frozen yellow bananas (ripe)

Handful of Fresh mint

1 bottle of Agave syrup

1/3 cup of raw cacao nibs

1 tablespoon coconut oil

Chop the mint finely into the Agave syrup jar. Leave in fridge for 1 day to will infuse the syrup with mint flavor.

Mix Frozen bananas, coconut oil, 4 tablespoons of the mint infused Agave syrup and 2 table spoons of the chopped mint from the mint syrup jar.

Blend in a powerful blender or in a food processor. Add in the cacao nibs, mix together with a wooden spoon.

Ready to serve!

BANANA SORBET

6 (or more) frozen bananas

1 tablespoon date paste / Agave syrup / grape juice as sweetener (if using grape juice, freeze it together with the bananas)

PREPARATION:

This recipe is slightly easier if you peel the bananas before freezing them. Simply gently push the frozen bananas through a powerful blender or food processor.

RAW CAKE BASE

- Nuts and seeds
- 1 tablespoon date paste
- Soaked flax seeds or coconut oil (for consistency)

PREPARATION:

Mix all in a food processor. Create biscuits or base for cake. Put it in the freezer for cold desert (fill with fruit mousse) or leave it in the oven until done

FRUIT MOUSSE

- Any fruit
- Bananas and / or avocados (for consistency)
- 1 tablespoon date paste

Put in the freezer and before serving, use powerful blender, a food processor or a masticating juicer to homogenize.