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Prep	Cook	Ready in	Servings
15 min	1 h	1 h 15 min	8

Spice-Crusted Roast Salmon with Ginger Beets

Ingredients

- | | | | |
|--------------|---|-------------------|--------------------------|
| 1 whole fish | Atlantic salmon, wild (boneless, approx 3 lb) | 1 1/2 tbsp minced | Ginger root |
| 8 beet(s) | Beets, raw (peeled, cut into wedges) | 3 tbsp | Parsley, fresh (chopped) |
| 3 tbsp | Chives (chopped) | 1/2 tsp | Peppercorn |
| 2 tsp | Coriander seed (cilantro) | 1/2 tsp | Rosemary, dried |
| 1 tbsp | Extra virgin olive oil (plus extra as needed) | 1/2 tsp | Sea Salt |

Instructions

1. Preheat the oven to 450°F.
2. Place beets on a rimmed baking sheet large enough to hold them in a single layer.
3. Sprinkle with ginger, fine sea salt and 1 tablespoon of the oil; toss to coat.
4. Roast in the middle of the oven, stirring once or twice during cooking, until tender and lightly browned, 25 to 30 minutes.
5. Meanwhile, place black peppercorns in a spice grinder and pulse once or twice until cracked, or place them on a cutting board and crack with a rolling pin.
6. Add coriander seeds, rosemary and coarse sea salt; continue to pulse or crush until the mixture is very coarsely ground.
7. Line a large rimmed baking sheet with parchment paper, oil the paper, and place salmon on top; fold the thin tail section under if the fillet is too large for the baking sheet.
8. Brush salmon with remaining 2 teaspoons oil and sprinkle with peppercorn mixture.
9. After beets have roasted for about 15 minutes, place salmon on the top rack of the oven and roast until just lightly pink in the center, about 15 minutes.
10. Loosen salmon from the parchment with a spatula, then use 2 large spatulas to transfer salmon to a platter. Spoon beets around salmon and sprinkle them with chives and parsley.



Prep	Cook	Ready in	Servings
10 min	3 h 30 min	3 h 40 min	15

Strawberry Yogurt Cheesecake Bites

Ingredients

1/2 cup	Cashew nuts, raw (for soaked cashews)
1/4 cup	Coconut oil (melted)
1 tbsp	Lemon juice (freshly squeezed)
1/4 cup whole	Strawberries (trimmed)
1 dash	Vanilla bean powder
2 cup	Water (for soaked cashews)
2 tbsp	Water
1 cup	Yoso Almond and Cashew Strawberry Yogurt

Instructions

Soak cashews in water for 30 minutes.

In a blender, combine soaked cashews, yogurt, coconut oil, strawberries, water, lemon juice and vanilla. Blend at highest speed until smooth and creamy. You will need to stop the blender and use a rubber spatula to scrape down the sides.

Transfer mixture to an ice cube tray and fill each mold to the top. Place in freezer for 3 to 4 hours, or until frozen in the middle.

Remove from freezer and allow to sit out at room temperature for 30 minutes. Serve immediately, or cover and refrigerate for up to 2 weeks.

Enjoy!



Prep	Cook	Ready in	Servings
5 min	15 min	20 min	4

Roasted Garlic Cauliflower Alfredo Sauce

Ingredients

- | | |
|---------------|---|
| 1 medium head | Cauliflower (cut into florets) |
| 8 clove(s) | Garlic (roasted) |
| 1/2 cup | Vegetable stock/broth, gluten-free (or water reserved from cooking cauliflower) |
| 1 dash | Salt and pepper |

Instructions

1. Cut cauliflower into florets. Place in a large pot and fill with water or broth or an equal mix of both. Cook the cauliflower until tender.
2. Remove from water and place on a large baking sheet. Let cool slightly before blending.
3. Place cauliflower, roasted garlic cloves, half of a cup of the cooking water or broth in a blender. Blend until smooth. Add more liquid if your sauce is too thick to your likings.
4. Taste the sauce and add salt and pepper to taste.
5. Use the sauce right away or pour it into a jar. Cover and refrigerate until ready to use.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Berry Cottage Cheese Protein "Ice Cream"

This Berry Cottage Cheese Ice Cream is high in protein and antioxidants; a double whammy of goodness!

Ingredients

2/3 cup	Cottage cheese (1% M.F.) (lightly rinsed)
1 cup	Frozen berries

Instructions

1. In a blender or food processor, puree the cottage cheese with the frozen berries until very smooth.
2. Serve with additional berries (fresh or frozen) and a sprig of mint, if desired, and enjoy.



Prep	Cook	Ready in	Servings
35 min	0 min	35 min	24

Carrot Cake Energy Bites

All the deliciousness of a slice of carrot cake in the form of a nutritious energy bite!

Ingredients

1 1/2 cup grated	Carrots
4 date pitted	Medjool date
1/2 cup	Rolled oats, dry
2 tbsp	Maple syrup
1 tsp	Vanilla extract, pure
1/2 cup	Oat flour
1/4 tsp hulled	Hemp seeds, shelled
1/4 tsp	Cinnamon
1 dash	Ginger, ground
1 dash	Nutmeg, ground
1 cup	Coconut, shredded, unsweetened

Instructions

1. Combine all the ingredients except unsweetened coconut in the food processor and pulse until combined.
2. Place in fridge for 30 minutes to firm slightly and then roll into one-inch balls.
3. Roll in unsweetened coconut and keep in an air-tight container in the refrigerator for up to one week.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Prebiotic Chocolate Banana Dessert Smoothie

Ingredients

3/4 cup	Whole milk 3.3% (organic)
2 oz	Dark chocolate (chopped)
1/2 medium	Banana (s) (very ripe)
2 strawberry	Frozen strawberry
2 tbsp	Kefir
2 date(s)	Dates
1 tsp	Chia seeds, ground

Instructions

Place all the ingredients in a high-powered blender, capable of breaking down the chocolate. If you do not have a blender that can do this, then melt the chocolate in a double boiler first.

Blend all ingredients until smooth.

Enjoy!



Ginger Chicken with Broccoli

Ingredients

1/4 tsp	Black pepper
5 cup	Broccoli florets
2 tbsp unpacked	Brown sugar
1 lb	Chicken breast, boneless, skinless (cut into 1-inch pieces)
1/2 cup	Chicken broth (stock), low sodium
1 1/2 tbsp	Coconut oil
1 1/2 tbsp	Cornstarch
1 1/2 tbsp minced	Ginger root
1/2 tsp	Red pepper flakes
1/2 tsp	Sesame oil
1/4 cup	Soy sauce, low sodium
1/4 cup	Water
1 small	Yellow onion (sliced, optional)

Instructions

1. In a medium mixing bowl combine the chicken broth, water, soy sauce, brown sugar, grated ginger, red pepper flakes, black pepper, sesame oil, and cornstarch. Whisk until the cornstarch dissolves. Set aside.
2. In a large sauté pan, heat 1 tablespoon of coconut oil over medium high heat. When the oil is hot, add the chicken and cook for 5-7 minutes or until the chicken starts to brown. Remove chicken to a bowl and set aside.
3. Add the remaining ½ tablespoon of coconut oil to the pan, sauté the broccoli and onion together until the broccoli turns bright green, about 3-4 minutes.
4. Add the sauce prepared in step 1 to the pan. Toss to coat, when the sauce starts to thicken (1-2 minutes), add the chicken back into the pan and just toss to coat everything.
4. Serve warm with brown rice or quinoa.



Prep	Cook	Ready in	Servings
10 min	40 min	50 min	4

Cauliflower & Quinoa Salad

Ingredients

1 small head	Cauliflower
2 medium	Red onion
50 gm	Goat cheese, soft
1 cup	Quinoa, cooked
1/4 cup	Mint, fresh (torn)
1/2 whole lemon(s)	Lemon juice
1/3 cup	Extra virgin olive oil
1 pinch	Salt and pepper (to taste - use sea salt)

Instructions

1. Preheat oven to 200C/400F and line a baking tray with parchment. Break the cauliflower up into florets and peel and quarter the onions and place on the tray.
2. Drizzle with oil and roast for 40 minutes turning the pieces around and rearranging them halfway through cooking.
3. Slice up the goat's cheese and toss this with the cooked quinoa, cauliflower, onion, mint, salt and pepper.
4. Mix the lemon juice and olive oil together and drizzle over the salad.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Mixed Berries and Yogurt Smoothie

A great way to kick start your day!

Ingredients

3/4 cup	Greek yogurt, plain, fat-free
1 cup	Frozen berries (or fresh)
1/2 cup	Spinach
1/4 medium	Banana (s)
1 packette	Stevia sweetener, powder
1 cup	Water (as needed)

Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. Serve and enjoy!



Frozen Banana Bites

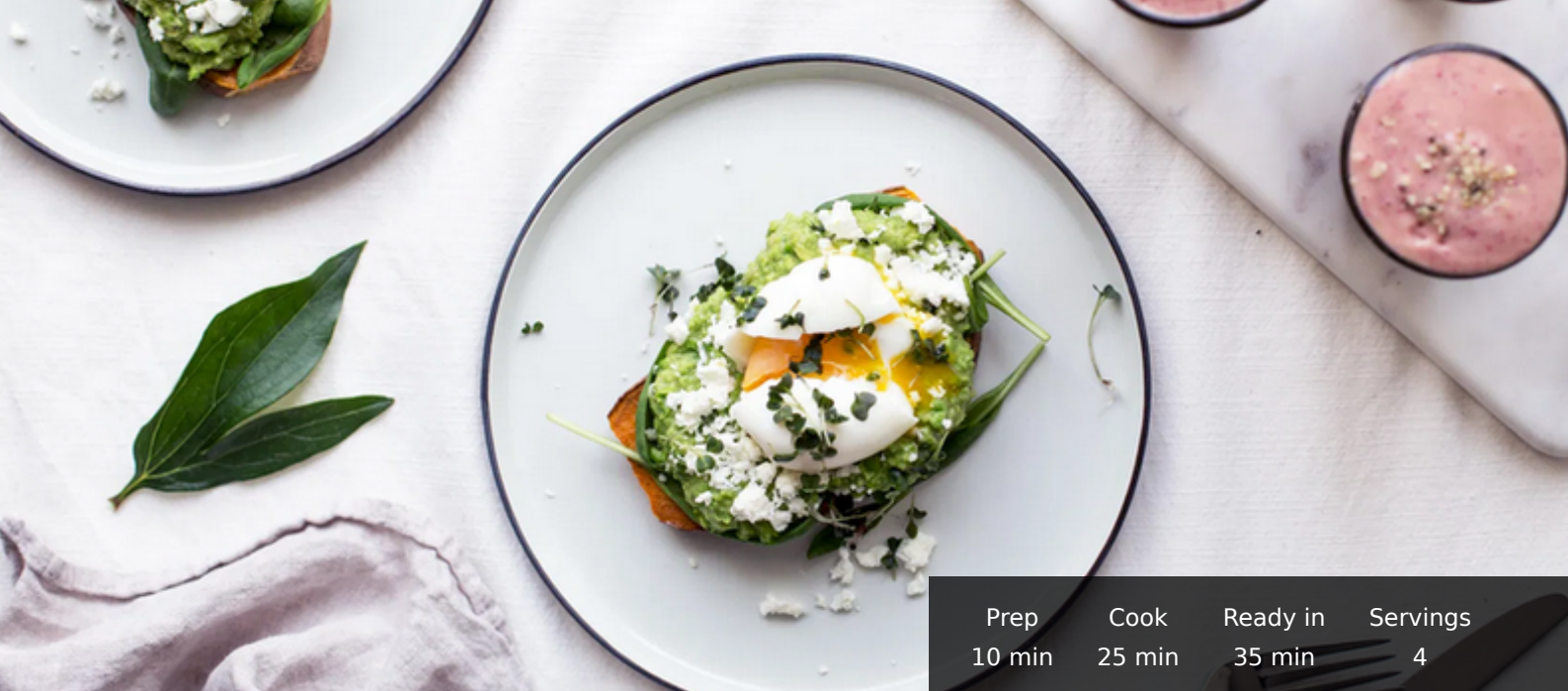
These frozen chocolate-covered peanut butter banana bites are the perfect healthy warm-weather treat!

Ingredients

3 medium	Banana (s) (sliced thick)	1/2 cup	Dark chocolate chips
1/3 cup	Peanut butter, natural	2 tsp	Coconut oil

Instructions

1. Peel and slice bananas into rounds about 1/4 inch thick.
2. Line a platter or small baking sheet with parchment paper.
3. Place about 1/2 teaspoon of peanut butter on a banana slice and top with another banana slice to make a little banana peanut butter sandwich. Keep doing this until all banana slices are used and you have about 30 bites.
4. Place bites onto parchment-lined baking sheet and place in the freezer to harden for about 1 hour.
5. Once banana bites have been in the freezer for an hour or more, melt your chocolate by adding chocolate and coconut oil to a microwave-safe bowl. Microwave for 1 minute, stir and microwave in additional 30-second increments until chocolate is completely melted. This shouldn't take more than 2 minutes of microwave time.
6. Once the chocolate is melted, remove frozen banana bites from the freezer. Dip each frozen banana bite into the melted chocolate so that **half** of each bite is coated. You can coat the full bite with chocolate, but you'll need more chocolate chips if you want to do this.
7. Place chocolate-covered bites back on the parchment-lined baking sheet and into the freezer to harden up for about 15 minutes before serving.



Prep	Cook	Ready in	Servings
10 min	25 min	35 min	4

Sweet Potato "Toast" with Avocado, Feta & Eggs

A healthy grain-free option that uses sweet potato toast instead of whole-grain toast.

Ingredients

1 medium potato	Sweet potato	3 tbsp	Extra virgin olive oil (for Avocado-pea mash)
2 1/2 tbsp	Extra virgin olive oil	1 tbsp	Water (as needed, for Avocado-pea mash)
1 avocado(s)	Avocado (for Avocado-pea mash)	1 pinch	Salt and pepper (for Avocado-pea mash)
1 1/2 cup	Frozen green peas (thawed, for Avocado-pea mash)	4 medium egg	Egg
1 tbsp	Basil, fresh (or any herb you prefer; or sprouts)	1 cup	Baby spinach
1/2 whole lemon(s)	Lemon juice (for Avocado-pea mash)	1/3 cup, crumbled	Feta cheese

Instructions

1. Preheat the oven to 400°F (204°C). Cover a baking sheet with parchment paper.
2. Wash the sweet potato thoroughly and cut it into about 1/2 -1" slices lengthwise (the thinner the slice, the crispier the potato). Place the sweet potatoes on the baking tray and drizzle with olive oil, then using a brush, brush the sweet potato slices until they are covered front and back with oil. Bake for about 15-20 minutes, until the sweet potatoes are soft.
3. Bring a large pot filled with water to a boil (for the eggs).
4. Meanwhile, prepare the avocado pea mash by adding the avocado, peas, basil, lemon juice, olive oil, water, salt, and pepper to a blender and pulse until relatively smooth, with some chunks left. Add a bit of water, if needed. You can also mash the ingredients with a hand mixer. Adjust salt and pepper seasoning to taste.
5. Place the eggs in your large pot of boiled water and cook for about 4 to 5 minutes, so that the yolk remains runny. If you like, you can also do poached eggs or just fry the eggs on a pan.
6. When the sweet potatoes are ready, remove them from the oven. Place the slices on plates and top with spinach, avocado pea mash, crumbled feta cheese, and the cooked eggs. Optional to sprinkle fresh herbs on top. Serve immediately and enjoy!



Prep	Cook	Ready in	Servings
5 min	20 min	25 min	4

Baby Carrot Soup

Ingredients

2 medium	Yellow onion (diced)
1 lb	Baby carrots (chopped)
1 dash	Hot pepper (chili) flakes (optional)
2 1/2 tbsp	Soy sauce (gluten free)
4 tbsp	Extra virgin olive oil
3 cup	Water
1 can (15oz)	Whole tomato, canned

Instructions

1. Heat olive oil in a large saucepan and cook onion over a medium heat until soft and just starting to brown.
2. Add carrots, tomato, chilli and water and bring to the boil.
3. Simmer until carrots are tender, approx. 20 minutes.
4. Process until smooth with a stick blender or food processor.
5. Add soy and taste. Season with sea salt and black pepper.



Prep	Cook	Ready in	Servings
20 min	25 min	45 min	4

Penne with Garlicky Greens and Beans

Ingredients

4 oz	Pasta, penne, whole wheat, dry
1 tbsp	Extra virgin olive oil
1 medium	Yellow onion (chopped)
1 medium	Carrots (chopped)
3 clove(s)	Garlic (minced)
1/4 tsp	Red pepper flakes
1 bunch	Rapini, broccoli raab, raw (tough stems trimmed, cut into 1-inch pieces)
4 leaf	Beet greens (trimmed, cut into 1-inch pieces)
1 can (15oz)	Cannellini beans, canned (rinsed, drained)
3 tbsp	Parmesan cheese, grated

Instructions

Prepare pasta according to package directions, omitting salt. Reserve 1/4 cup of pasta water and drain.

Meanwhile, heat oil in large skillet over medium heat. Cook onion and carrot 6 minutes, stirring, or until onion softens and begins to brown. Stir in garlic and red-pepper flakes. Cook 1 minute, stirring, or until fragrant.

Add half greens and 1/2 cup water. Increase heat to medium-high, cover, and cook for 2 minutes, or until greens wilt. Stir in remaining greens. Reduce heat to medium, cover, and cook 10 minutes, or until greens are tender. Stir in beans. Cover and cook 2 minutes, until beans are hot.

Stir in pasta and reserved pasta cooking water. Cook 2 minutes, stirring, or until pasta is hot. Remove skillet from heat and stir in 2 Tbsp of the cheese. Serve sprinkled with remaining 1 Tbsp cheese.



Prep	Cook	Ready in	Servings
15 min	15 min	30 min	6

Sweet Potato Salad with Bacon

Ingredients

3 large potato	Sweet potato (peeled, cut i nto chunks)
1/4 cup	Rice vinegar (for dressing)
1/4 cup	Extra virgin olive oil (for dressing)
2 tbsp	Whole grain mustard (for dressing)
2 clove(s)	Garlic (minced, for dressing)
1 pepper	Red Fresno Chile (seeded, minced, for dressing)
4 slice	Turkey bacon, raw (cooked until crisp and crumbled)
1 cup	Celeriac (thinly sliced)
1 cup	Green onion (thinly sliced)

Instructions

1. Bring large pot of salted water to a boil.
2. Add sweet potatoes and simmer until just fork-tender, 15 minutes. Drain potatoes and gently rinse with cold water. Set aside.
3. Whisk vinegar, oil, mustard, garlic and chile. Season with salt to taste and set aside.
4. In large bowl, combine sweet potatoes, crispy bacon, celeriac, and onions, and toss with vinaigrette. Season with salt.
5. Serve warm or at room temperature, or refrigerate and serve chilled.

Enjoy!



Prep	Cook	Ready in	Servings
72 h	0 min	72 h	4

Homemade Fermented Vegetables

Ingredients

2 clove(s)	Garlic
1/2 tsp	Mustard seeds
1/2 tsp	Coriander seed (cilantro)
18 small	Cucumber (or another vegetable of your choice; carrots work well)
1/2 cup	Dill, fresh
2 tbsp	Sea Salt
2 cup	Water, filtered (as needed)

Instructions

1. Place garlic, spices and dill into a 1-quart mason jar.
2. Stuff as many cucumbers as you can fit into the jar.
3. Dissolve salt in 2 cups of water, then pour into jar until cucumbers are completely submerged. Add extra water if needed.
4. Close jar (not too tight) and let sit at room temperature for 3 days. After 3 days, remove the lid to let some of the gasses escape. Taste test, then place jar in fridge to slow fermentation. Process should take 3-7 days. Enjoy!



Prep	Cook	Ready in	Servings
5 min	30 min	35 min	4

Jicama Fries

Ingredients

1 tbsp	Extra virgin olive oil
2 medium	Jicama
1/2 tsp	Chili powder
1/2 tsp	Onion powder
1/2 tsp	Salt

Instructions

1. Preheat the oven to 400F (200C).
2. Line a baking sheet with parchment paper.
3. Peel and slice jicama and place in bowl.
4. Pour in olive oil and seasonings. Stir to coat.
5. Lay the jicama sticks on to a parchment paper-lined baking sheet (leave space between the pieces).
6. Bake for 25-30 minutes, tossing half way through baking time.



Sheet Pan Steak Fajitas

This delicious Sheet Pan Steak Fajitas recipe is a quick and easy way to make a crowd-pleasing meal.

Ingredients

1 lb	Beef, flank steak, boneless, lean and fat, 0mm (0") trim (thinly sliced against the grain)	1 tsp	Paprika
		1/2 tsp	Onion powder
3 medium pepper(s)	Red bell pepper (or a mixture of colors)	2 tbsp	Extra virgin olive oil
1 small	Red onion (thinly sliced)	1/4 cup	Lime juice (fresh) (fresh)
1 tbsp	Chili powder	1 tsp	Salt (plus more to taste)
1 tsp	Cumin	1/4 tsp	Black pepper
1 tsp	Garlic powder	8 small tortilla(s)	Whole wheat tortilla

Instructions

1. Preheat oven to 425°F.
2. In a small bowl, mix together the spices.
3. Lay the sliced steak, peppers, and onions on a large sheet pan. Drizzle with olive oil and sprinkle with the spice mix. Toss to evenly coat everything.
4. Roast in the oven for 15-20 minutes or until the steak is cooked to your desired level of doneness.
5. Squeeze lime juice over the meat and veggies.
6. Serve with warm flour tortillas, fresh cilantro, sour cream, salsa, and guacamole if desired.



Prep	Cook	Ready in	Servings
5 min	30 min	35 min	2

Crispy Roasted Chickpeas

Ingredients

3/4 cup	Chickpeas, canned, drained (drained, rinsed, and dried well)	2 tbsp	Extra virgin olive oil
		1 dash	Salt and pepper (to taste)

Instructions

1. Preheat the oven to 400°F and place an oven rack in the middle of the oven.
2. Drain, rinse and dry the canned chickpeas. Make sure to pat the chickpeas very dry with a clean dishtowel or paper towels. They should look matte and feel dry to the touch; if you have time, leave them to air-dry for a few minutes. Remove any chickpea skins that come off while drying, but otherwise don't worry about them.
3. Spread the chickpeas out in an even layer on the baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Stir with your hands or a spatula to make sure the chickpeas are evenly coated.
4. Roast the chickpeas in the oven for 20 to 30 minutes. Stir the chickpeas or shake the pan every 10 minutes. A few chickpeas may pop, that's normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle.
5. Toss the chickpeas with any spices you desire and serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming addictively chewy.



Prep	Cook	Ready in	Servings
10 min	15 min	25 min	6

Easy Burrito Bowls

Ingredients

- | | |
|-----------------|---|
| 1 avocado(s) | Avocado (halved, seeded, peeled and diced) |
| 2 tbsp | Cilantro (coriander) (chopped) |
| 3 cup | Lettuce, romaine (chopped) |
| 2 tomato | Roma tomatoes (diced) |
| 1 tbsp | Chipotle Paste (or chipotle peppers in adobo sauce, for chipotle cream sauce) |
| 1 clove(s) | Garlic (pressed, for chipotle cream sauce) |
| 1 whole lime(s) | Lime juice (fresh) (for chipotle cream sauce) |
| 1/4 tsp | Salt (for chipotle cream sauce) |
| 1 cup | Sour cream, 14% M.F. (for chipotle cream sauce) |
| 1 can (15oz) | Sweet corn, canned, undrained |
| 1 cup | Brown rice, medium-grain, dry |
| 1 can (15oz) | Black beans, canned |
| 1 cup | Salsa, ready-to-serve |

Instructions

- To make the chipotle cream sauce:
 - whisk together sour cream, chipotle paste, garlic, lime juice and salt; set aside.
- In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; let cool and stir in salsa; set aside.
- To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, avocado and cilantro.
- Serve immediately, drizzled with chipotle cream sauce.



Prep	Cook	Ready in	Servings
10 min	25 min	35 min	2

Zucchini Pizza Boats

Ingredients

2 tbsp	Basil, fresh (chopped)
1/2 cup	Cherry Tomatoes (sliced)
1/4 cup	Kalamata olives (chopped)
1/2 cup	Marinara pasta sauce (or pizza sauce)
1/4 medium	Red onion (sliced)
4 medium	Zucchini
1/4 cup	Nutritional yeast (optional)

Instructions

1. Preheat oven to 400 F.
2. Cut the zucchini in half lengthwise and scoop out the inside seeds. To help them lay flat on the pan, you can also cut a piece off the bottom of the “boat” to create a flat surface.
3. Mix tomato sauce and nutritional yeast (if using).
4. Spread a light layer of sauce (about 1 tablespoon) inside each zucchini.
5. Top with onions, olives, and tomatoes.
6. Bake for 20-25 minutes, until zucchini is tender (but not mushy).
7. Top with basil and serve.