

WELLNESS IS DELICIOUS!

Retreat Style Cooking with Monique

BRING THE RETREAT HOME WITH YOU!



BY HEALTH EDUCATOR, FUNCTIONAL
MEDICINE COACH & WELLNESS CHEF
MONIQUE COSTELLO



Lemon Elixir

INGREDIENTS

- 1 whole organic lemon, washed, ends removed and quartered
- 1 1/2 " knob of fresh ginger root
- 1 1/2 " knob of fresh turmeric root or 1/2 tsp turmeric powder
- 2 tbls [organic unfiltered, unrefined olive oil](#)
- 16 oz filtered water
- 1 tsp [pink](#) or sea salt
- a turn or two of fresh black pepper

Optional

- [honey](#) or [maple syrup](#) to taste
- 2 tbls [apple cider vinegar](#)

INSTRUCTION

Blend everything together for 2 minutes. Strain if desired (but don't, just drink it all!)

Start every morning with 2-4 ounces, straight up or diluted in water.

TiP: Make this to your taste, adding more or less of all the ingredients as desired.

TiP: Have a cold or flu? Use this as an amazing elixir to help you prevent or shorten the duration.

Chia Seed Pudding

INGREDIENTS

- 2 tbsl [chia seeds](#)
- ½ cup unsweetened dairy-free mylk
- 1 tbsl [maple syrup](#) or to taste
- Pinch - ground cinnamon
- Smidge- [vanilla](#) extract

Toppings:

- Mandarin oranges
- Pomegranate seeds
- Hempt seeds
- Granola
- Toasted nuts & seeds
- Lentil sprouts
- Honey

INSTRUCTION

Whisk together the chia seeds, mylk, maple syrup, a pinch of cinnamon and smidge of vanilla.

Place in the refrigerator to allow the chia seeds to absorb the liquid, at least 20 minutes. Whisk once or twice to ensure the seeds aren't clumped together.

Add a variety of toppings for additional nutrients and flavor.

TiP: Chia pudding lasts a long time; make a big batch and enjoy all week.

Try adding chia pudding to a smoothie!



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Avocado Toast & Cassava Tortilla

INGREDIENTS

- Avocados
 - Lemon or lime
 - Sprouts
 - Oranges
 - Pomegranate
 - Hot Peppers
 - Fermented 'kraut
 - Fresh herbs
 - [Flaky smoked salt](#)
- Spicy cassava tortillas**
- 1/2 cup + 2 tbs [cassava flour](#)
 - 1.5 tbs [extra virgin olive oil](#)
 - scant 1/2 cup water
 - 1/2 tsp [pink Himalayan salt](#)
 - 3/4 tsp garlic powder
 - 1/2 tsp cayenne pepper
 - fresh cracked pepper

INSTRUCTION

Cut open avocados, squeeze lemon or lime over them and smash.

Smear the avocado on the tortillas (or other toasted bread). Top with any combination of toppings.

Stir together the ingredients in a medium sized bowl with a fork. Then use your hands to bring to a ball cohesive ball. Divide into 4 smaller balls.

Roll out one ball between 2 sheets of parchment paper. Carefully place in a dry, hot skillet (over medium heat) until set and slightly charred on one side; flip and repeat on the second side. Continue with the rest of the balls.

Enjoy immediately.

TiP: For a more cracker crisp, cook longer in the skillet or pop in the oven to dry out.





Butternut Squash Tortilla

INGREDIENTS

- ~1 cup butternut squash, baked or steamed
- 1/2 cup [Bob's Red Mill GF Flour](#)
- 1/4 cup [arrowroot powder](#)
- 1 tsp [pink salt](#)
- 1 tsp baking powder
- 1 tbs [organic unfiltered, unrefined olive oil](#)
- ~1-3 tbs water

INSTRUCTION

Smash the cooked squash well with a fork. Add remaining ingredients, except water, and mix well using your hands. Keep kneading it into a ball, adding 1 tablespoon of water at a time if needed just to bring it all together.

Pull the dough into small rounds, about 8 of them.

Heat a skillet over medium heat. Roll out one ball between two sheets of parchment paper. Carefully pull the top sheet off from your tortilla. Flip it directly into the pan, then carefully pull the remaining parchment away.

Cook the flatbread until it becomes lightly browned on one side; flip to cook the other side.

TiP: Cook less for softer tortilla, longer for crunchier.

Sauteed Greens with Garlic Crunch

INGREDIENTS

- 1 tbs [coconut oil](#) or [ghee](#)
- 1 small shallot, thinly sliced
- ¼ cup sliced almonds
- 1 garlic clove, thinly sliced
- 1 leek, washed
- 1 bunch Swiss chard
- 2 -4 eggs
- Salt and pepper
- 1 lemon, zested
- [Pink salt](#)

Optional Toppings:

- Prosciutto
- Avocado
- Sriracha
- Charred tortilla

INSTRUCTION

Thinly slice the shallot and garlic. Slice the leek in half, wash thoroughly and slice thin. Wash the Swiss chard, pull leaf greens from the stalk and chop the stalks.

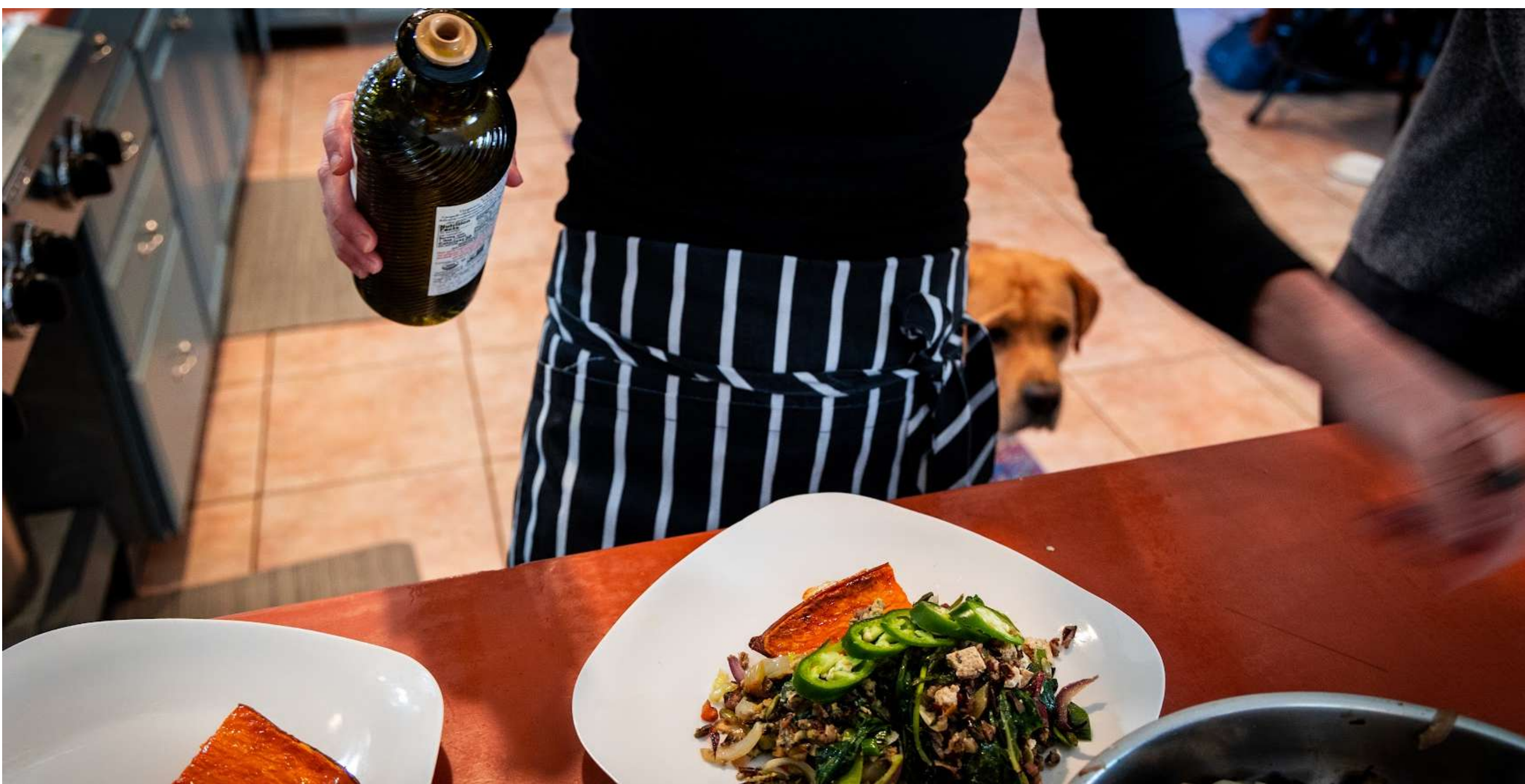
Melt 1 tablespoon coconut oil over medium heat in a large fry pan. Add the sliced shallots and almond, tossing often until just lightly browned. Add in the garlic and toss for just another minute. Sprinkle with salt, pour into a bowl and set aside.

Return the pan to the heat and melt the 2nd tablespoon of oil. Add the sliced leeks, chopped chard stalks and a sprinkling of salt, toss well. Let simmer to begin to soften, about 5 minutes.

Add in the torn green chard leaves, toss well to combine. Make 2-4 little wells in the greens, crack an egg into each well. Top with flaky sea salt and fresh cracked black pepper, cover and cook until eggs are done. Top with Garlic Almonds & lemon zest.



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Great Granola

INGREDIENTS

- 1 tbs melted [coconut oil](#) or [ghee](#)
- 2 cups [gluten free oats](#)
- ½ cup nuts and seeds ([almonds](#), [walnuts](#), [chia](#) & [hemp seeds](#), [coconut flakes](#))
- 2-4 tbs [maple syrup](#) or [honey](#).
- 1 tsp vanilla
- 1 tsp ground cinnamon
- 1/2 tsp ginger powder
- 1/4 tsp turmeric powder
- grind or two of black pepper

For granola bowl

- yogurt
- interesting fruit
- honey

INSTRUCTION

Preheat the oven to 300 degrees. Line a sheet pan with parchment paper.

Whisk together the melted oil (or ghee), maple syrup, vanilla, cinnamon, ginger, turmeric and black pepper.

Add in the oats and nuts/seeds and toss to coat everything. Pour onto the parchment-lined pan and bake until desired crunchiness is reached.

The granola will crisp up more as it cools, so take a spoonful off the pan and let it cool for 1 minute, then taste it.

TiP: mix and match any seeds and nuts with any sweet spices.



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Artichoke Love Dip

INGREDIENTS

- 1 jar artichokes hearts
- 1 can white beans
- 2 garlic cloves
- ¼ cup [unfiltered extra virgin olive oil](#)
- 2 tbs fresh lemon
- 1/2 tsp ground cumin
- 1/4 tsp ground coriander ~ salt to taste as needed

INSTRUCTION

Drain the artichokes. Place all the ingredients in a blender, blend until creamy.

Taste and adjust, adding more lemon or salt to taste.

TiP: Explore changing up the spices- try an Italian blend or go for a Moroccan mixture.



Lemon Sorghum Salad Wraps

INGREDIENTS

- 1 cup cooked [sorghum](#)
- 1 small shallot, minced
- 1 diced green apple
- 1/2 cup red, yellow, orange pepper, chopped
- 1/2 cup chopped broccoli
- 6 black olives, chopped
- Handful of fresh mint, and parsley, chopped
- Romaine lettuce 'shells' or tortillas

Lemon Dressing

- 4 tbs olive oil
- 2 tbs lemon juice
- 2 pinches salt, 1 pinch pepper
- 1/2 tsp dijon mustard
- 1 clove garlic, minced

Toppings

- feta or goat cheese
- [hemp](#) & toasted nuts/seeds

INSTRUCTION

Place the lemon dressing ingredients in a sealable jar, shake really well. Use a piece of lettuce to taste the dressing, adjust to your liking.

Toss together all the salad ingredients with the lemon dressing, except the lettuce 'shells'/tortillas.

Scoop the salad into the romaine lettuce or roll into a tortilla.

Top with cheese and seeds if desired.

TiP: Use any grain you have, like quinoa, lentils or barley.

Smashed Bean - Mock Tuna Salad

INGREDIENTS

- 1/2 ripe avocado
- 2 tsp grainy mustard
- 2 tbs [extra virgin olive oil](#)
- 2 tbs lemon
- 1 cup cooked chickpeas (garbanzo) beans
- 1 large celery stick, chopped small
- 2 large red radishes, chopped small
- 2 tbs minced red onion
- handful of fresh dill, lightly chopped or torn
- Pink salt and pepper

Toppings

- Fermented sauerkraut
- Toasted nuts and seeds
- Hemp seeds
- Hot Peppers

INSTRUCTION

Place the avocado, mustard, olive oil and lemon in a medium size mixing bowl.

Mash the mixture together using a large fork or potato masher until well combined.

Add a couple good pinches of salt and pepper.

Add in the chickpeas and partially mash again.

Add the remaining ingredients, mix well. Taste, adjust seasoning as needed.

Serve over arugula or in romaine leaf 'shells. Top in the additional toppings for the best flavor.



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Wild Rice Stuffed Butternut Squash

INGREDIENTS

- 1 organic butternut, acorn, kabocha or other winter squash
- [Olive oil](#)
- 1 cup wild rice
- 1 cup apple cider or juice
- 2 cups broth or water
- 1 tsp dried, minced garlic
- 1 tbs dried minced onion
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1 bay leaf
- 1 tsp ground mustard
- 1 teaspoon [pink salt](#)
- 1/4 teaspoon pepper
- 2 tbs golden raisins or currants
- 1/4 cup chopped pecans

INSTRUCTION

Preheat the oven to 400 degrees. Use a carrot/potato peeler to peel the outside of the squash. Cut the squash in half lengthwise, clean out the seeds and gut. Save the seeds & peel. Rub the squash with olive oil and sprinkle with salt and pepper. Roast until fork tender, about 30 minutes.

In a small to medium pot bring apple cider and 2 cups of water or broth to a boil.

Add in all the wild rice and seasonings. Cover and lower heat to a simmer. Cook until the liquid has been absorbed and the rice is at desired texture, about 30-40 minutes.

Scoop rice over the roasted butternut squash. Top with the pecan and raisins.

TiP: Make Squash Crispies from the peels & seeds!
Rub the squash peels and/or seeds with a bit of olive oil and a sprinkling of pink salt. Place in a 300 degree oven until crispy.



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African Almond Butter Stew

INGREDIENTS

- 1 can [coconut milk](#)
- 4 garlic cloves
- 1/2 serrano pepper
- 1/2 bunch cilantro
- Fresh ginger, thumb size
- 4 oz [crunchy almond butter](#)
- 1 medium-sized sweet potato
- 2 cups veggie broth
- 1/2 sp turmeric powder
- 1/2 bunch purple or curly kale
- 1/2 tsp [pink salt](#)
- 1/8 tsp black pepper
- 3 green onions
- 1 fresh lime

TiP: If almond butter is quite stiff it may not mix in easily. Place it in a bowl and scoop some of the hot stew into that bowl. Stir until all clumps are gone. Pour back into the stew and continue as directed.

INSTRUCTION

Finely chop together the garlic, 1/2 the serrano pepper, the cilantro **stems** and the ginger with a pinch of salt.

Chop the sweet potatoes into 1" cubes. Tear kale, from stems into pieces.

In a soup pan over medium heat, bring 3 big spoons of coconut milk to a simmer. Add in the garlic mash. Simmer for 3 minutes, stirring often.

Add in sweet potatoes, turmeric, pink salt and a few grinds of black pepper. Stir to combine. Deglaze the pan with the broth and remaining coconut milk. Simmer until the potatoes are softened, about 10-15 minutes.

Stir in the almond butter. Add in the torn kale, simmer for about 5 minutes.

Serve with a scoop of the black rice, lime wedges, sliced green onions, chopped cilantro leaves, and remaining serrano pepper.



Vegan Gluten Free Biscuit

INGREDIENTS

- 1/3 cup [Bob's Red Mill 1 to 1 Gluten Free flour](#)
- 1/2 tsp [baking powder](#)
- 1/4 tsp [pink](#) or sea salt
- 2 tbs chilled [coconut oil](#)
- 1/4 cup [coconut cream](#)
- 1/2 tbs lemon juice

INSTRUCTION

Preheat oven to 400 degrees.
Mix the coconut cream with the lemon juice and set aside.

Whisk together the flour, baking powder and salt in a bowl.

Cut the coconut oil into the flour using a pastry cutter, a fork, or your fingers. The dough should look like little pea sized clumps.

Mix in the coconut cream just enough to bring the dough together; be careful to not overwork.

Split the dough into 2, form into two small squares, about 1.5-2 inches high. Cut into 8 small biscuits.

Refrigerate 20 minutes (optional). Bake for about 20 minutes until golden brown on the bottom.

TIP: If you can't find the small cans of straight coconut cream use the top, thick cream from a can of full fat coconut milk.



Pineapple Fried Veggies

INGREDIENTS

- 1 tbs coconut oil
- 2 cups chopped veggies (broccoli, zucchini, pea pods, beans)
- ½ cup diced onion
- ½ cup fresh pineapple, chopped
- 1 tbsp ginger, minced
- 1 garlic clove, minced
- 1-2 tbs tamari
- Garnish:
 - 2 tbsp green onions, minced
 - 1 tbsp sesame seeds, toasted

INSTRUCTION

Pre-chop all the vegetables.

Heat a heavy-bottomed skillet or wok over medium heat, melt the coconut oil. Add the diced onion and cook about 1 minute or until softened. Next toss in minced garlic and grated ginger and saute another minute, stirring constantly.

Increase heat to med/high and add all veggies and pineapple, saute everything for 3-5 minutes or until golden, stirring only once or twice to allow the veggies to just sit on the bottom and caramelize.

Add the tamari. Toss until well blended. Remove from heat.

Top with chopped green onions and sesame seeds.

Tip: Use any vegetables you like.



Kitchari

INGREDIENTS

- 1 tbs [ghee](#) or [coconut oil](#)
- 1 tsp [pink salt](#)
- 1/8 tsp black pepper
- 1/2 cup [split yellow mung bean](#) (or red lentils)
- 1/2 cup white Basmati rice
- 4 cups water

Spice options:

Classic Indian

- 1/2 tsp mustard seeds
- 1/4 tsp cumin seed
- 1/2 tbs ground ginger
- 1/2 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cardamom
- 1 tsp [pink salt](#)
- 1/8 tsp black pepper

Persian

- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/8 tsp ground cardamom
- 1/2 tsp pink salt
- 1/2 tsp black pepper

INSTRUCTION

Rinse the rice and mung beans until the water runs clear. Heat a soup pot over medium heat, melt the coconut oil.

Add in any spice seeds, cook a few minutes until the seeds begin to pop, about 30 seconds.

Add in any ground seasoning and stir in the mung beans and rice, simmer for another minute.

Add the water, increase heat to boil. Lower heat, cover and simmer for about 40 minutes until lentils and rice are soft.

Serve each bowl with a big dollop of ghee, fresh squeezed lemon and herbs.

TiP: For a soupier kitchari, add a little more water. Add slightly less water for a more dense texture. Kitchari is meant to be eaten the same day, but can be storee in the refrigerator for up to 4 days. But avoid freezing.



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Simple Shortbread Cookie

INGREDIENTS

- 2 1/2 cups [superfine almond flour](#)
- 1 pinch [pink salt](#)
- 1/3 cup [coconut oil](#), melted
- 1/2 cup pure [maple syrup](#)

OPTIONAL ADD-IN ideas:

- 1 tsp pure vanilla extract
- 1/2 tsp ground cinnamon
- 2 tsp lemon zest or orange zest
- Chocolate chips and/or dried cherries

INSTRUCTION

Stir well the dry ingredients in a mixing bowl. Mix in the melted coconut oil, maple syrup and any optional ingredients until a thick, sticky dough forms.

Form the dough into a log shape, wrap tightly with plastic wrap. Chill in the refrigerator for 2 hours.

Preheat the oven to 350 degrees. Line a large baking sheet with parchment paper.

Unwrap the dough and place on a cutting board. Use a sharp knife to cut slices of dough.

Place dough slices on the parchment-lined baking sheet and bake 12 to 18 minutes, until cookies are slightly golden on the outside. Cool completely before removing from the pan.

Sensuous Snickers Bites

INGREDIENTS

- 6-12 [Medjool dates](#)
- ⅓ cup [cashew butter](#)
- Handful of [walnuts](#)
- ¼ cup of [dark chocolate](#)

Optional

- [Flaky sea salt](#)

INSTRUCTION

Slice the date open on one side to remove the pit.

Stuff a spoonful of the nut butter inside the dates, smooch a nut or two in. Set on parchment paper.

Melt the chocolate. Drizzle over the dates. Sprinkle with salt flakes if desired.

TiP: Mix and match any nut butter and nut combo for endless flavor options.



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... a note from Monique

It means a great deal to me to introduce you to retreat style cooking at home. I want you to indulge in delicious, invigorating, beautiful and nourishing foods anytime, anywhere.

Going on a retreat allows your body and mind the space to connect, expand, nourish, release and heal. Food is a vital connection to the experience.

Everything is energy, including what we eat, how we prepare it and even how we eat it. This energy will affect everything that involves the body. Think about mood, skin, outlook and enthusiasm, digestive and hormone systems, relationships & even love life.

Every choice you make affects your health. My hope is you connect with your intuition to help guide you on your wellness journey. I hope these recipes help you bring a piece of the retreat home with you and allow you to listen to your needs and be mindful of all things that brings you joy.

Happy eating,
Monique



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