



The Goodness of Green

with

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Introduction

I have always believed that the key to a healthy and happy life starts with good nutrition. It's all about balancing your nutrients and including a variety of fresh foods in your diet. However, sometimes it can be challenging to get all of the important nutrients we need to help us look and feel our best.



We get so busy with our daily routine that we don't pay as close attention to what we are putting into our bodies.

That's why I am such a big fan of *Green Nutritionals* from MicrOrganics. They make a variety of authentically nourishing products that promote optimal health. The best part of their products is that they are easy to incorporate into your diet! From Yaeyama Chlorella to GreenCALCIUM, even the busiest of people can now enjoy the benefits of living with all of the nutrients their bodies were intended to enjoy.



I created this Ebook full of recipes to show you how simple it is to enjoy the “goodness of green” and to inspire you to take charge of your health. You deserve to look and feel your very best. These recipes, combined with the Green Nutritionals products from MicrOrganics, will serve as the foundation for you to live an authentically healthy life. Enjoy!

About Green Nutritionals

Green Superfoods – I love this product because it offers a unique blend of the world's five most nutrient-dense whole foods, including powerful plant pigments and carotenoids, plant enzymes, complete plant protein, organic vitamins, minerals and trace elements.



The creators of this product have left out the 'filler' ingredients, such as bulk fiber, insignificant amounts of herbs and synthetic vitamins, ensuring that you are getting the most nutrient-rich and bioavailable supplement possible.



Yaeyama Chlorella - As well as being rich in carotenoids and chlorophyll, Chlorella contains important vitamins like vitamin A, all the B's, C and E. Chlorella is also packed with minerals including potassium, zinc, magnesium, iron and calcium contains around 55% complete balanced protein.

Selected over 40 years ago and grown continuously with a patented 'outdoor growing system', the Yaeyama Chlorella strain is nutritionally superior to other products on the market, delivering higher levels of chlorophyll, Chlorella Grown Factor (CGF), protein, RNA, DNA and antioxidants, making it measurably the world's purest and most nutrient-rich Chlorella.

About Green Nutritionals

GreenCALCIUM – Pleasant tasting and easily mixed in drinks or added to any food, just one level teaspoon serving of GreenCALCIUM powder provides over 950mg of elemental calcium in a natural multi-mineral food-matrix. Calcium is very important to include in our daily diet.



This product offers a 100% plant source of calcium from the marine plant *Lithothamnium calcareum*, making it naturally rich in calcium, magnesium and 72 other trace minerals important for optimum calcium absorption and bone health.



Hawaiian Pacifica Spirulina –

This product contains the only spirulina in the world that adds pure, mineral rich, deep ocean water from 2000 feet below the Pacific, containing a unique array of 94 trace elements.

Comparing phytonutrient levels, Hawaiian Pacifica Spirulina is 31 times more potent than blueberries, 60 times more potent than spinach and 700 times more potent than apples. It contains around sixty percent complete, highly digestible protein and contains every essential amino acid. It also contains more beta-carotene than any other whole food. This provides athletes with long-lasting energy and reduces recovery time; it nourishes people who have digestion, assimilation, and elimination problems.



Recipes

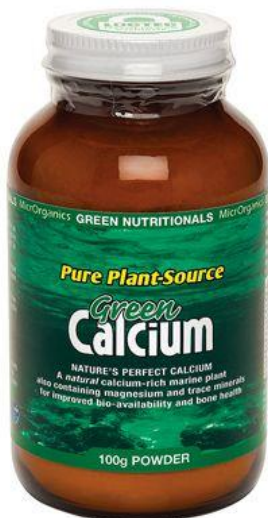


Heavenly Hummus

- ❖ 2 c Chick Peas
- ❖ 3 Garlic Cloves
- ❖ 3 tbsp. Lemon Juice
- ❖ 2 tbsp. Tahini
- ❖ 1 ½ c Extra Virgin Olive Oil
- ❖ 2 tbsp. GreenCALCIUM
- ❖ Sea Salt & Pepper to taste



Soak chick peas overnight, then rinse. Combine chick peas, garlic, lemon juice, tahini, GreenCALCIUM, sea salt and pepper in a food processor. Pulse until roughly combined. On lowest setting, slowly drizzle in olive oil until smooth and creamy. Serve with your favorite baked crackers or vegetables.



DID YOU

KNOW: GreenCALCIUM is the richest natural plant-source of calcium available, is highly alkaline (pH10) and suitable for vegetarians and vegans. It has a unique porous 'honeycomb-like' structure which reacts particularly well in the digestive system giving it enhanced absorption properties.

Wonderful Walnut Pesto

- ❖ 1 c Walnuts, toasted
- ❖ 3 bunches Fresh Basil
- ❖ ¼ c Extra Virgin Olive Oil
- ❖ Sea Salt & Pepper to taste
- ❖ 1 tbsp. *Green Superfoods*



In food processor, pulse nuts, basil, salt, pepper, and *Green Superfoods* until roughly combined. On lowest setting, slowly drizzle oil until mixture is smooth. Serve in a small bowl with your favorite baked crackers or vegetables.



Try eating a handful of raw walnuts before bed to help promote sleep!

DID YOU KNOW: Researchers have recently discovered compounds in walnuts that not only protect our cells from free radical damage, but helps to detoxify potential cancer-causing substances from our system. Walnuts are a great source of manganese, copper, and sleep-promoting tryptophan.

Beautiful Black Bean Spread

- ❖ 2 c Black Beans
- ❖ 1 bunch fresh Cilantro
- ❖ 2 cloves Garlic
- ❖ 1 tbsp. Cumin
- ❖ 3 tbsp. Lime juice
- ❖ 1 small Tomato
- ❖ ½ c Yellow Onion diced
- ❖ 2 tbsp. Hawaiian Pacifica Spirulina
- ❖ Sea salt pepper to taste



In food processor, pulse ingredients until they are smooth and evenly combined. Season with sea salt and pepper. Serve with your favorite baked chips or crackers.



DID YOU KNOW: Hawaiian Pacifica Spirulina has 300% more calcium than whole milk, 2300% more iron than spinach, 3900% more beta carotene than carrots, and 375% more protein than tofu! What a powerful food to include in your daily diet!

Spirulina Sunflower Seed Pâté

- ❖ 2 c Sunflower Seeds, toasted
- ❖ 3 cloves Garlic
- ❖ ¼ c Grapefruit Juice
- ❖ ¾ c Extra Virgin Olive Oil
- ❖ Sea Salt & Pepper to taste
- ❖ 3 tbsp. Hawaiian Pacifica Spirulina



In food processor, pulse seeds, juice, garlic, salt, and pepper until roughly combined. On lowest setting, slowly drizzle oil into mix until spreadable.



DID YOU KNOW: Sunflower seeds are a delicious way to incorporate vitamin E, vitamin B1, manganese, and selenium into your diet. These tasty seeds promote a healthy heart, a strong immune system, and a boost of brain power.

Sprinkle raw sunflower seeds on your favorite breakfast cereal, yogurt, or salad.

Cinnamon Popcorn Sprinkle

- ❖ 1 tbsp. Coconut sugar
- ❖ 1 tsp. Cinnamon
- ❖ 1 tsp. GreenCALCIUM

Whisk ingredients together in small bowl. Lightly sprinkle upon popcorn or toss gently with lightly oiled popcorn.



Curry Popcorn Sprinkle

- ❖ 1 tbsp. Curry powder
- ❖ 1 tsp. Sea salt
- ❖ 1 tsp. Pepper
- ❖ 1 tsp. Hawaiian Pacifica Spirulina

Whisk ingredients together in small bowl. Lightly sprinkle upon popcorn or toss gently with lightly oiled popcorn.

Ants on Little Green Logs

- ❖ ½ c Cashew Nut butter
- ❖ 1 tbsp. Honey
- ❖ 6 Celery Stalks
- ❖ Sea salt to taste (optional)
- ❖ 1 tbsp. Goji berries
- ❖ 1 tbsp. Chia seeds
- ❖ 1 tbsp. Cacao beans
- ❖ 1 tbsp. GreenCALCIUM



Stir nut butter and honey together with salt. Fill celery stalk troughs with mixture and arrange berries, seeds, and beans on them.

Mango Energy Bars



- ❖ 1 c Mango, dried
 - ❖ 1 c Dates
 - ❖ 1 c Coconut, shredded, unsweetened
 - ❖ 1 c Cashews
- ❖ 1 c Macadamia nuts
- ❖ Zest of 2 lemons
- ❖ 1 Tbsp. Chia Seeds
- ❖ 3 tbsp. GreenCALCIUM

In food processor, pulse ingredients until combined. Pour mixture onto cool surface lined with parchment paper and shape into inch high block.

Refrigerated for at least an hour. Once cooled, cut into bars.

Thai Chilli Roasted Nuts

- ❖ 1 c Almonds
- ❖ 1 c Cashews
- ❖ 1 c Sunflower Seeds
- ❖ 1 tsp. Fish Sauce
- ❖ 1 tbsp. Lime Juice
- ❖ 1 tbsp. Honey
- ❖ 1/8 tsp Chilli Flake
- ❖ 1 tsp. Sea Salt
- ❖ 1 tsp. Pepper
- ❖ 1 tbsp. Hawaiian Pacifica Spirulina



Preheat oven 180% Celsius. Combine all ingredients in a bowl and gently toss until fully incorporated. Spread mixture evenly across a sheet pan and bake, stirring often, until nuts are golden brown. Sprinkle with spirulina .

Strawberry Mango Chlorella Juice



- ❖ 1 Mango
- ❖ 5-6 Strawberries
- ❖ 1 c Kale
- ❖ ½ Lemon
- ❖ 1 Tbsp. Yaeyama Chlorella

In your juicer, juice the mango, strawberries, kale, and lemon. Pour the juice into a tall glass. Stir in the Yaeyama Chlorella. You may add ice if you enjoy drinking your beverages cold.

Spirulina Lime Ginger-aide

- ❖ 1 c Lime Juice
- ❖ ½ c Ginger, peeled and sliced
- ❖ 1/8 tsp. Sea salt
- ❖ Honey to taste
- ❖ 1 tbsp. *Green Superfoods*
- ❖ 6 c Water



Mix juice, ginger, water, *Green Superfoods*, and salt together. Refrigerate for at least an hour. Sweeten with honey to taste.

Chlorella Lemonade with Honey



- ❖ 1 c Lemon juice
- ❖ Zest of 1 Lemon
- ❖ Honey to taste
- ❖ 1 tbsp. Yaeyama Chlorella
- ❖ 6 c Water

Mix juice, zest, Yaeyama Chlorella, and water together. Sweeten with honey to taste.

Coconut Chocolate Milk

- ❖ 2 c Coconut milk
- ❖ ½ c Cacao nibs, ground
- ❖ 1 tbsp. Coconut sugar
- ❖ 1/8 tsp. Nutmeg
- ❖ ½ tsp. GreenCALCIUM



Grind cacao nibs, nutmeg, and coconut sugar into fine powder. Cold steep milk and powder in refrigerator for at least 1 hour. Stir in GreenCALCIUM before serving.

Kiwi Mango Smoothie



- ❖ 1 Mango, cut into chunks
- ❖ 2 Kiwifruit, skins removed
 - ❖ 1 Banana
- ❖ 1 c Coconut or Rice Milk
- ❖ 1 tbsp. GreenCALCIUM
 - ❖ 1 Tbsp. Chia Seeds

Add all ingredients to your blender. Process until smooth. Pour into a tall glass and serve. You may add ice if you enjoy drinking your beverages cold.

Butternut Squash Soup

- ❖ 1 large Butternut Squash, peeled and diced
- ❖ 1 White Onion, diced
- ❖ 2 Carrots, peeled and diced
- ❖ 2 Celery Stalks, diced
- ❖ 1 Garlic Clove
- ❖ 4 c Vegetable Broth
- ❖ 1/8 c Coconut Oil
- ❖ 1/4 c Ginger, peeled and sliced
- ❖ 2 bags Thyme Tea
- ❖ Sea Salt & Pepper to taste
- ❖ 4 tbsp. *Green Superfoods*



Toss squash in oil and spread onto a baking pan. Roast at 170% Celsius for 45 mins or until fork tender. In a large soup pot, sweat onions, celery, and carrots on medium heat until soft and translucent. Steep tea with sliced ginger for 15 mins. Combine tea and roasted squash in pot with broth and simmer for 20 mins on low heat. Process soup with standing or immersion blender and season with salt and pepper. Sprinkle with *Green Superfoods* before serving.

DID YOU KNOW: Squash is loaded with beta-carotene for clear skin, fiber for good digestion, potassium for preventing high blood pressure, and vitamin C for immunity. It's also a good source of manganese, folate, omega-3 fatty acids, and vitamin B6.

Green Gazpacho with Chlorella

- ❖ 4 large Tomatoes
- ❖ 3 Cucumbers, peeled and seeded
- ❖ ½ small Red Onion
- ❖ 1 Garlic Clove
- ❖ 1 Bell Pepper, seeded
- ❖ 1 bunch fresh Parsley
- ❖ ¼ c Extra Virgin Olive Oil
- ❖ Sea Salt & pepper to taste
- ❖ 2 tbsp. Yaeyama Chlorella



In a large blender pulse ingredients until roughly combined. Blend at medium speed until desired consistency. Season with salt and pepper.



DID YOU KNOW: Yaeyama Chlorella contains up to 5% chlorophyll, the largest amount in any plant. chlorophyll is a green pigment critical to photosynthesis allowing plants to create energy from sunlight. Chlorophyll is very similar to heme, the pigment in blood, only it has magnesium at its core not iron. This allows it to work at a molecular and cellular level binding to carcinogens in the organs and facilitating elimination.

Chicken Soup with Kale

- ❖ 2 lb raw Chicken, deboned
- ❖ 1 c Barley, uncooked
- ❖ 8 c Chicken Stock
- ❖ 1 Onion
- ❖ 3 Celery Stalks
- ❖ 1 bunch Fresh Kale
- ❖ 1 Lemon
- ❖ 3 Garlic Cloves
- ❖ 1 small Ginger Root
- ❖ 1 bunch Curly Parsley
- ❖ Sea Salt & Pepper to taste
- ❖ 1tbsp Yaeyama Chlorella



In a medium saucepan bring chicken, 4 c stock and salt and pepper to a boil then reduce to a simmer for an hour. In medium saucepan bring barley, 4 c chicken stock, salt, and pepper to a boil then reduce to a simmer for an hour. Small dice 1 celery stalk, ½ the onion, and mince the garlic then roughly chop the remaining onion and celery and wash and de-stem the kale.

In a large soup pot, sauté diced vegetable until soft then add minced garlic, juice and zest of 1 lemon. Using a strainer, drain chicken over soup pot, shred chicken to desired size and add to pot. Pour barley and stock into pot and add large chop vegetable and kale. Bring soup to a simmer until large vegetables are just tender. Season with salt and pepper and serve with Yaeyama Chlorella and parsley sprinkled on top.

Roasted Parsnip and Pecan Soup

- ❖ 2 c Pecans
- ❖ 6 large Parsnips
- ❖ 2 tbsp. dried Sage
- ❖ 1/8 tsp. White Pepper
- ❖ 3 c Vegetable Broth
- ❖ Sea Salt to taste
- ❖ 1 Tbsp. GreenCALCIUM



Peel, large dice, oil and salt parsnips. Then roast them at 200% Celsius for 20 minutes, turning often. In a large sauté pan, gently toast pecans over medium-high heat, stirring constantly until nuts begin to release oils. Combine parsnips, pecans, sage, white pepper, and broth in a medium pot and simmer for 15 minutes. Using an immersion or standing blender, puree soup until smooth and velvety. Serve with GreenCALCIUM sprinkled on top.



DID YOU KNOW: Parsnips are a root vegetable, similar to carrots. Even though they are pale in color, these vegetables are full of folate, magnesium, fiber, and vitamins B6 and E.

Calcium-Rich Fruit Salad

- ❖ 2 c Pineapple, cubed
- ❖ 2 c Strawberries, halved
- ❖ 2 c Blueberries
- ❖ 3 tbsp. raw Honey
- ❖ 2 tbsp. Lemon Juice
- ❖ 3 bunches Mint
- ❖ 1 tbsp. GreenCALCIUM
- ❖ Sea Salt to taste



Wash, peel, and cut fruit. Combine lemon, honey, mint, salt, and GreenCALCIUM in a bowl. Gently toss fruit in dressing. Serve in a salad bowl and sprinkle with extra GreenCALCIUM as a garnish.



DID YOU KNOW: The flesh of a pineapple has been shown to aid in digestion and help reduce the risk of blood clots. Pineapple is also a great source of vitamin C and ferulic acid which helps prevent cancer. It is also a great food for managing inflammation.

Butternut Squash Green Salad

- ❖ 2 c Salad Greens
- ❖ 1 c Feta Cheese
- ❖ 2 Tbsp. Sunflower Seeds
- ❖ 1 c Chopped Walnuts
- ❖ 1 c Butternut Squash, cooked and cubed
- ❖ 1 c dried Cranberries
- ❖ ½ c Extra Virgin Olive Oil
- ❖ 1 tsp. White Vinegar
- ❖ 1 tsp. Garlic Powder
- ❖ 1 tsp. raw Honey
- ❖ 1 Tbsp. Yaeyama Chlorella



Wash the salad greens. Toss in a bowl along with the Feta cheese, sunflower seeds, walnuts, cooked butternut squash, and dried cranberries. In a separate bowl, whisk the olive oil, white vinegar, garlic powder, raw honey, and Yaeyama Chlorella together. Drizzle the liquid onto the salad greens mixture and toss until thoroughly combined. Serve on small salad plates with extra sunflower seeds as garnish.

DID YOU KNOW: Dark leafy greens are good sources of Vitamin C, beta-carotene, iron, calcium, folate, and dietary fiber. The rule of thumb is, usually, the darker the greens, the more nutritious the leaf.

About Margaux J Rathbun

Margaux J Rathbun, B.S. N.T.P is a certified Nutritional Therapy Practitioner, International Media Nutritionist, and the Founder of the website Authentic Self Wellness (authenticselfwellness.com). Her nutrition tips, articles, and videos have been published in numerous publications around the world including Perez Hilton's FitPerez.com and Perezitos.com, Australia's Nature and Health Magazine, Shape.com, Yahoo! Shine, and The Huffington Post. She has also been featured on celebrity websites including Heidi Klum's AOL blog, Tyra Banks TypeF.com, and Haylie Duff's RealGirlsKitchen.com.

Margaux hosts nutrition workshops for natural health food stores, corporations, and non-profit organizations across the world. Her goal is to raise international awareness of the benefits to eating a diet rich in authentically healthy foods and nutrients. She lives outside of Portland, Oregon in the USA.

