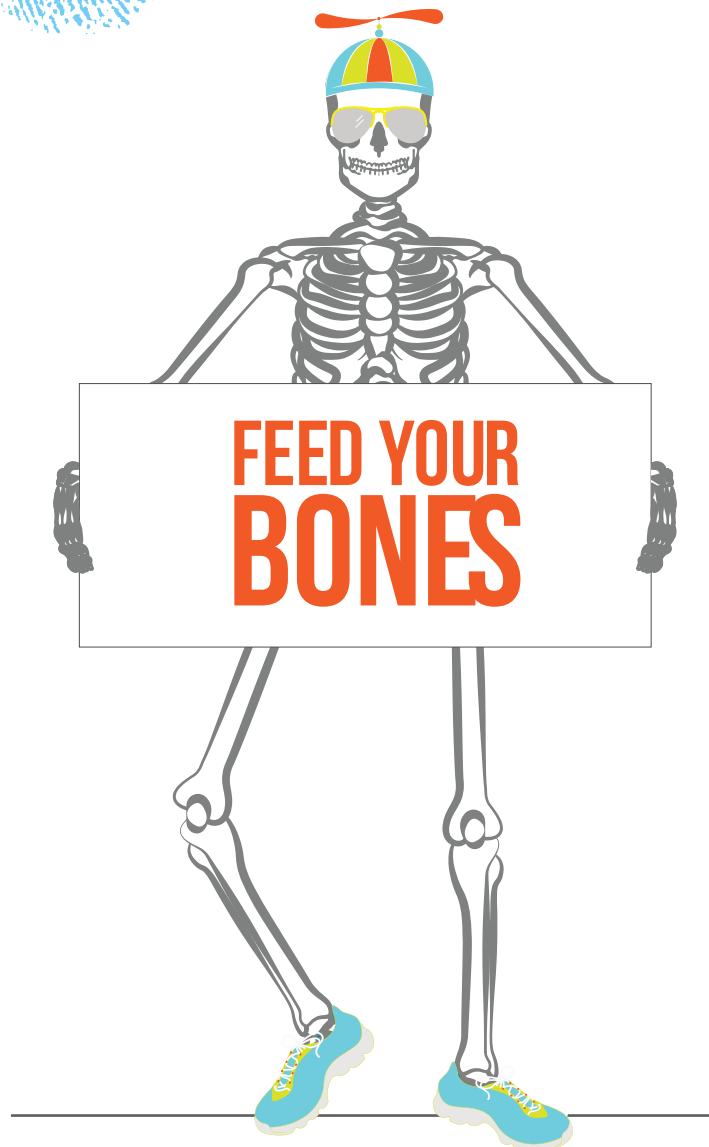


human body
detectives®



RECIPE BOOK

Dr. Heather Manley

I am very grateful

My newest **Human Body Detectives** book, *Osteoblasts to the Rescue: An Imaginative Journey through the Skeletal System*, is my best book yet. There are many people who made this HBD journey a successful one and I am very fortunate to have them in my life. Plus, I would like to give HUGE accolades to all the wonderful chefs and nutritionists who so generously sent in a few of their bone—healthy and kid-friendly recipes. All of these recipes anchor my mission of educating children on how their bodies work and what foods best fuel them in an engaging delicious way. So...

THANK YOU!

A handwritten signature in black ink that reads "Dr. Heald". The signature is stylized, with the "H" and "A" being particularly prominent and connected.



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Red Lentil Dip

Cook Once Eat Twice: Make a double batch this is a great dip with crackers or veggies or mix it into brown rice or quinoa as part of a meal.

Lentils are high in fiber, folate, molybdenum, tryptophan, manganese and a good source of iron. Lentils help to lower cholesterol and balance blood sugar control. Turmeric has anti-inflammatory properties.

Tip: Red lentils cook in about 10 minutes making it a fast dip or part of a meal.

Ingredients

- 1 cup red lentils
- ¼ cup extra virgin olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon cumin
- ½ teaspoon thyme
- ½ teaspoon garlic powder
- ½ teaspoon turmeric
- ¼ teaspoon sea salt
- 3 cups water (boiling)
- ½ teaspoon chopped chives or parsley as a garnish (optional)

Directions

1. In a medium saucepan add 3 cups of water bring it to a boil. Add 1 cup of red lentils and lower heat to a simmer for 10 minutes until lentils are soft. Drain and rinse the lentils.
2. In a medium bowl or blender, mixer bowl add lentils, olive oil, red wine vinegar, cumin, thyme, garlic powder, sea salt and turmeric. Blend until smooth. Garnish with chopped chives.

We prefer serving it warm, but it can also be served cold.

Makes 16, 2 tablespoon servings

Tracee Yablon Brenner RD, CHHC
www.realfoodmoms.com

ENJOY!





Julie Daniluk's Krispy Kale Chips

Ingredients

- 2 bunches green curly kale (20 cups), washed, large stems removed, torn into bite-sized pieces
- 1 cup fresh cashews, soaked 2 hours
- 1 cup sweet potato, grated
- 1 lemon, juiced
- 2 tablespoons nutritional yeast
- 1 tablespoons raw honey
- ½ teaspoon gray sea salt or pink rock salt
- 2 tablespoons filtered water

Directions

1. Place the kale in a large mixing bowl.
2. Process remaining ingredients in a blender or food processor until smooth.
3. Pour over kale and mix thoroughly with your hands to coat the kale. (You want this mixture to be really glued on the kale.)
4. Place kale onto unbleached parchment paper, set your oven to 150 degrees and dehydrate for 2 hours. At one point, turn over leaves to ensure even drying.
5. Remove and store in an airtight container.

Makes 8 servings

Julie Daniluk, RHN
www.juliedaniluk.com

ENJOY!





Spinich Dip with Yogurt

Ingredients

10 oz. package frozen chopped spinach
1 cup Greek yogurt, plain
1 cup sour cream
3 tablespoons onion, finely chopped
1 clove garlic, minced
¼ cup Romano cheese, freshly grated
½ cup mozzarella cheese, shredded
1 teaspoon dried Italian herb blend
Dash of paprika
Sea salt to taste
Carrots, rinsed, cut into sticks
Bell peppers, rinsed, sliced
Celery, rinsed, cut into sticks

Directions

1. Thaw spinach and squeeze out moisture. Place in bowl.
2. Mix ingredients in bowl with spinach. Cover and refrigerate at least 2 hours, preferably overnight.
3. Stir chilled dip. Serve with veggies for dipping.

Options

Serve with whole grain crackers. Use ½ teaspoon of dill instead of Italian herb blend. Add 2 teaspoon fresh lemon juice. Add diced bell peppers or extra onion to the dip. Substitute mozzarella with cheddar cheese. Serve dip warm - Reserve shredded cheese, spread dip in a small baking dish, sprinkle with cheese and warm up in the oven. Lots leftover? Mix dip with steamed veggies and chicken, top with cracker crumbs and bake as a casserole!

Makes 4 - 6 servings

Contributed by Kid Kritics Approved
www.KidKritics.com

ENJOY!





Sautéed Broccoli with Olive Oil and Garlic

Sautéing the broccoli first in the olive oil and garlic allows the broccoli to be coated in olive oil and garlic. Adding the water and covering the pan will steam and glaze the broccoli. Drizzling a little bit of olive oil after the broccoli is cooked adds a splash of flavor.

Ingredients

- 1 tablespoon olive oil
- 1 garlic cloves, minced
- 1 head of broccoli, washed cut into floweret's; peel stalks and cut into bite size pieces
- Lemon zest: optional
- Sea Salt: optional

Directions

1. In a sauté pan add 1 tablespoon olive oil and minced garlic cloves until light brown.
2. Add broccoli mix broccoli thoroughly so it's coated with olive oil.
3. Pour water in the sauté pan and cover for 3 minutes.

Optional: drizzle with olive oil and sprinkle with lemon zest.

Tip: You can let your kids dip broccoli florets into parmesan cheese, lemon zest or salad dressing.

Makes 4 servings

Tracee Yablon Brenner RD, CHHC
www.realfoodmoms.com

ENJOY!





Creamy Mac n' Cheese

Ingredients

- 1 pack quinoa or whole grain pasta, depending on preference
- 1 teaspoon sea salt
- 1 tablespoon extra virgin olive oil
- 2 carrots, peeled and chopped
- 1 small yellow squash, chopped
- ½ yellow/white onion chopped
- 1 cup cooked legumes of your choice (yellow lentils, lupini beans, lima beans, chickpeas, corona beans etc.)
- ¼ cup water
- 1 teaspoon turmeric
- 2 cups shredded natural cheese of choice (if you are vegan try the Daya shredded cheese)
- 1 cup natural milk of choice (hemp milk works really well here if you are dairy-free or vegan)

Directions

1. In a large pot on high heat filled with water, add the 1 teaspoon salt and bring to a boil. As soon as there is a rolling boil, add the pasta and cook according to the manufacturer instructions on the box.
2. While the pasta is cooking, in another pot on medium-high heat, add in the olive oil, carrots, squash, onion, beans, water and turmeric. Cook about 10 minutes or until the veggies are very soft. Transfer this mix into a food processor or blender and blend about 2 minutes until it is velvety smooth. Transfer this mix back to the pot on medium heat.
3. Add in the cheese, a handful at a time and stir, allowing it to melt. Once all of the cheese is added and melted, add in the milk 1/3 at a time and stir. Once the sauce mix is even in smooth, toss in your cooked pasta and enjoy!

Lauren Smith-Cox
Natural Partners, Inc.
www.naturalpartners.com

ENJOY!





Jack's Giant Beanstalk Salad

Ingredients

- 1 can light colored beans (chickpea, cannellini, pinto etc.) drained and rinsed
- 1 can colorful beans (red beans, pink beans, mung beans, adzuki, anasazi, etc) drained and rinsed
*You know your kids best and what kind of beans you think they like
- 1 cup micro greens of choice
- 1 cup pea or bean sprouts of choice
- 1 tablespoon white balsamic vinegar
- 1 tablespoon agave nectar
- ½ teaspoon dijon mustard
- 1 teaspoon fruit preserve of choice (raspberry, orange, etc.)
- 3 tablespoons extra virgin olive oil
- sea salt and fresh cracked pepper to taste

Directions

1. Wash the baby romaine lettuce and set aside to dry.
2. Mix 2 crushed garlic cloves, anchovy paste and olive oil. Blend well.
3. Crack in the coddled egg, add 2 tsp of red wine vinegar and lemon juice.
4. Whisk all together until the dressing is light and creamy.
5. Toss with the baby romaine lettuce.
6. Mix in the parmesan cheese, walnuts and cranberries.
7. Garnish with breadsticks or croutons.

Serve immediately

Lauren Smith-Cox
Natural Partners, Inc.
www.naturalpartners.com

ENJOY!





Jasmine Rice & Almond Burritos

Ingredients

- 1 cup jasmine rice
- 4 large corn tortillas
- 1 tablespoon hot sauce
- 1 tablespoon sesame oil
- 2 tablespoons freshly squeezed orange juice
- 1 teaspoon freshly squeezed lemon juice
- ¼ cup slivered almonds
- 3 chives, finely chopped
- 1 tablespoon orange zest
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground pepper

Directions

1. Cook rice according to package directions.
2. Lay tortillas on a flat surface; set aside.
3. In a large bowl, combine remaining ingredients; mix well to combine. Portion rice mixture onto each tortilla. Roll like a burrito.

Serve warm

Makes 4 servings

Amie Valpone, HHC, AADP
www.TheHealthyApple.com

ENJOY!





Green Veggie Pancakes

Ingredients

1 cup zucchini, broccoli, and/or cauliflower
¼ cup flour
½ teaspoon kosher salt
1 large egg
1 teaspoon dried basil
¼ teaspoon garlic powder
canola or vegetable oil

Directions

1. Place the vegetables in a food processor and pulse to chop fine.
2. Add the chopped vegetables into a bowl along with the flour, salt, egg, basil and garlic powder. Mix to combine.
3. Heat oil in a skillet over medium heat and place 1 tbsp of the batter into the pan for each pancake.
4. Cook for 1-2 minutes on each side.
5. Serve with marinara sauce or dip of your choice.

Accompaniments: Marinara sauce, Ketchup, or Mustard

Makes 4 servings

Catherine McCord
www.weelicious.com

ENJOY!





Salmon Bites

For best results, bread salmon bites, place on a cookie sheet and freeze for 30 minutes. After 30 minutes, place par-frozen salmon bites in a ziploc bag and freeze up to 4 months. When ready, continue to follow steps 8-10 adding at least 5 minutes cooking time.

Ingredients

16 oz. salmon steak, skinless
1/3 cup flour
1/2 teaspoon salt
1 egg, whisked
1/3 cup bread crumbs
1/3 cup parmesan cheese
oil or spray

Directions

1. Preheat oven to 450 degrees.
2. Cut the salmon into 1 inch cubes.
3. Place the flour and salt in a bowl and stir to combine.
4. Whisk the egg in a second bowl.
5. Place the bread crumbs and parmesan cheese in a third bowl and stir to combine.
6. Coat the salmon pieces in the flour and pat to remove excess flour.
7. Dip the flour coated salmon pieces in egg and then roll in the bread crumbs to coat.
8. Place the salmon bites on a cookie sheet sprayed or greased with oil and when all the salmon bites are on the tray, spray again to lightly coat.
9. Bake for 10-12 minutes.
10. Serve with sauce.

Catherine McCord
www.weelicious.com

ENJOY!





Crispy Asian-style Cabbage Salad

Ingredients

- 1 head Napa or Savoy cabbage- shredded
- 1 large carrot- grated
- ¼ cup dark sesame oil
- ¼ cup rice wine vinegar
- 1" piece of ginger root
- 2 tablespoons white sesame seeds

Directions

1. Heat skillet till very warm. Add the sesame seeds to the dry skillet and toast them until golden brown or they start to pop.
2. Over a very large bowl, use zester or fine grater to grate the ginger.
3. Pour in the oil and vinegar and whisk together.
4. Add the cabbage, carrots and toss until evenly coated.
5. Sprinkle with the sesame seeds and refrigerate.

Makes approximately 12 servings

Dr. Jean M. Layton

www.GlutenFreeDoctor.com

Co-author of Gluten Free Baking for Dummies Wiley 2011

ENJOY!





Stir-fried Broccoli with Orange and Ginger

Ingredients

- 1½ pounds broccoli- stems trimmed, peeled into 1/4-inch-thick slices, florets broken or cut into tiny ¾ inch pieces and kept separate
- 2 tablespoons high heat oil like rice bran oil
- 1 medium garlic clove, minced
- 1 tablespoon finely grated fresh ginger
- 1 tablespoon sesame oil
- ½ cup juice from 1 to 2 oranges
- 2 teaspoons Wheat-free tamari soy sauce
- 2 tablespoons honey
- ½ teaspoon organic cornstarch
- ¼ teaspoon red pepper flakes or less to taste

Directions

1. Combine garlic, ginger and sesame oil in a small bowl.
2. Combine orange juice, tamari, honey, corn starch and red pepper flakes in a cup
3. Heat rice bran oil in large wok or pot over medium-high heat until just beginning to shimmer.
4. Add broccoli stems and cook 2 minutes, stirring frequently.
5. Add florets and continue until broccoli is bright green, about 4 to 6 minutes in total.
6. Push broccoli to sides of skillet to clear center; add garlic mixture and cook until fragrant, 15 to 20 seconds.
7. Stir to combine garlic mixture with broccoli. Add orange juice mixture and cook, stirring constantly, until florets are cooked through, stalks are tender-crisp, broccoli is coated, and sauce is thickened, about 30 to 45 seconds. Serve

Makes 4 servings

ENJOY!

Dr. Jean M. Layton

www.GlutenFreeDoctor.com

Co-author of Gluten Free Baking for Dummies Wiley 2011





Crispy Fish

You can replace the fish with boneless skinless chicken breast (no antibiotics). Serve with vegetables, salad and brown rice pilaf for a complete meal.

Ingredients

- 1½ cups almonds, finely ground
- ½ cup Italian bread crumbs
- 3 tablespoons Romano cheese, freshly grated
- 1 teaspoon garlic powder
- 2 tablespoons sesame seeds, raw
- 2 tablespoons fresh parsley, minced or 1 tablespoon dried
- 1 lb fresh fish fillets of choice
- 2 lemon wedges
- 2 eggs, large (free-range)

Directions

1. Preheat oven to 400 degrees F
2. Combine the almonds, bread crumbs, cheese, garlic powder, sesame seeds and parsley in a plastic bag and shake.
3. Rinse and pat dry the fish fillets. Check for bones.
4. Rub fish with lemon. Slice into smaller pieces.
5. Beat eggs in pie plate. Dip fish slices into eggs and then into bag of ground nuts/bread mixture. Coat on all sides. Place fish on baking sheet lined with parchment. Lightly spray with olive oil to keep from drying and help crisp the coating. Bake for about 20 minutes or until cooked thoroughly.

Makes 2 - 3 servings

Contributed by Kid Kritics Approved
www.KidKritics.com

ENJOY!





Banana Cream

We're bananas for this luscious but low saturated fat smoothie, made with ingredients that combine calcium and fiber. It's a favorite at HealthBarn because it's creamy and crunchy all at once.

Ingredients

- 8 ice cubes
- 2 bananas, halved
- 1 cup vanilla low-fat yogurt
- 1 cup low-fat (1%) milk
- 2 tablespoons ground flaxseeds
- 1 tablespoon instant nonfat dry milk powder
- 2 teaspoons vanilla extract
- ¼ teaspoon ground cinnamon
- ¼ cup whole grain cereal, crushed*

Directions

1. In blender, crush ice cubes.
2. Add bananas and remaining ingredients, except cereal; blend until smooth.
3. Pour into 4 glasses; sprinkle each with 1 tablespoon crushed cereal and extra cinnamon if you like.

Makes 4 servings (1 cup per serving)

Contributed by HealthBarn USA
www.healthbarnusa.com

ENJOY!





Cinnamon Sesame Roasted Pumpkin Seeds

Ingredients

- 1½ cups pumpkin seeds
- 1 tablespoon agave nectar
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon sesame seeds
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt

Directions

1. Preheat oven to 300 degrees F.
2. In a large bowl, combine all ingredients; gently toss to coat. Transfer pumpkin seeds to a baking sheet.
3. Bake for 40 minutes or until golden brown; stirring occasionally.
4. Remove from oven; set aside for 10 minutes to cool.
5. Serve alone as a snack or as a topping for salads and whole grain recipes

Makes 4 servings

Amie Valpone, HHC, AADP
www.TheHealthyApple.com

ENJOY!





Chocolate Chip Cookie Dip

Ingredients

- 1 can cannellini, garbanzo or white beans, drained and rinsed
- 1 tablespoon peanut butter (use almond or cashew butter if there are allergies)
- ¼ cup chocolate or carob chips
- whole food slices for dipping (apple wedges, berries, celery etc.)

Directions

1. In a food processor or blender, blend together the beans and nut butter.
2. You may need to add up to a tablespoon of water to help thin the dip out depending on what type of beans you use.
3. Use a spatula to transfer the dip into a bowl and mix in the chocolate.

Keep in an air-tight container for up to a week.

Lauren Smith-Cox
Natural Partners, Inc.
www.naturalpartners.com

ENJOY!





Pine Nut Candy

Ingredients

- 2 cups pine nuts
- 1 teaspoon cinnamon
- 1 pinch sea salt
- 1 pinch ground cardamom
- 1 cup palm sugar granules
- 2 teaspoons raw organic cane sugar

Directions

1. In a large pan on medium-high heat, add the pine nuts to lightly toast them. Once they start to get a buttery smell and start getting a little golden, add in the cinnamon, salt, and cardamom, and stir well.
2. Sprinkle both sugars over the nuts evenly and allow it to slowly melt, about 1 minute.
3. Once the sugar starts melting, use a rubber spatula to gently fold the melting sugar and nuts together. Be careful that the sugar does not burn and do this for about 2 minutes, do not worry if it is clumpy, but you do not want raw sugar granules, so you may have to cook longer.
4. Once the mix is melted, transfer to a silpat or cookie sheet lined with parchment paper and spread evenly.
5. Allow the nuts to cool at least 10 minutes and enjoy!

Lauren Smith-Cox
Natural Partners, Inc.
www.naturalpartners.com

ENJOY!





Brittle

Ingredients

½ cup Maple syrup (grade B Amber)
¼ cup organic shelled pepitas (Pumpkin Seeds)
¼ teaspoon kosher salt
pinch of smoked paprika

Directions

1. Have ready a cookie sheet with a silpat or parchment paper on it.
2. Pour the maple syrup into a shallow heavy pan.
3. I really like to use my Beka non-stick for this, makes the clean up a breeze.
4. Cook over medium heat till the maple syrup begins to boil. At first the bubbles will be large and open
5. After 3 minutes or so, the bubbles become tinier and denser.
6. Stir in the pumpkin seeds, salt and paprika.
7. Continue to stir constantly, watch for the bubbles to get very fine, coating each pumpkin seed with a light glaze.
8. After 3 minutes or so, drop a couple of seeds onto the prepared pan.
9. Watch to see if they harden quickly.
10. If they do, then remove the pan from the heat.
11. If they don't continue to cook till the sample does harden immediately
12. Pour the mixture out onto the prepared sheet
13. Spread quickly to a thin brittle, ideally 2 pepitas thick.
14. Sometimes it hardens to fast, don't worry, you can break up the thicker clumps later.
15. Allow to cool
16. Store in a tightly sealed container till using.

ENJOY!

Dr. Jean M. Layton

www.GlutenFreeDoctor.com

Co-author of Gluten Free Baking for Dummies Wiley 2011





Palm Tree Paradise

Ingredients

- 2 teaspoons lime juice
- 1 teaspoon honey
- ¼ teaspoon ground cumin
- Pinch of garlic powder
- Salt and pepper
- 2 boneless, skinless chicken breasts
- 1½ cups water
- 1 pineapple, cut into 4 (1-inch thick) round slices
- ¼ cup cream cheese
- ¼ cup packed spinach leaves
- 8 dried figs

Directions

1. Preheat the oven to 400°F.
2. Sing your favorite summer song while you combine the lime juice, honey, cumin, garlic powder, and salt and pepper in a bowl. Place the chicken in a small baking dish. Pour the lime juice mixture all over the chicken, making sure the chicken is covered, then add the water to the baking dish. Place in the oven and bake for 18 to 20 minutes, until the chicken is thoroughly cooked. While the chicken is baking, pretend to dip your toes in the ocean!
3. Slice each chicken breast into 4 long pieces. Push a skewer lengthwise through each chicken piece to form tree trunks. There should be 8 chicken skewers.
4. Stick 2 chicken skewers into each pineapple slice. The pineapple is your island. Use the cream cheese to stick the spinach leaves onto the chicken tree trunks. Place 2 figs under the trees for coconuts!

Makes 4 servings

Kelly "Pea Brain" Parthen

www.beansprouts.com

Excerpted from Bean Appétit: Hip & Healthy Ways to Have Fun with Food™.



ENJOY!



Thank you so much to the following:





Dr. Heather is a practicing naturopathic physician who promotes wellness and naturopathic healthcare on her website drheathernd.com. She is also the author of the award winning book series, **Human Body Detectives**. Dr. Heather lives on the Big Island of Hawaii with her husband and two daughters, and is currently at work on the next **Human Body Detectives** adventure.

Ebook apps of the **Human Body Detectives** books: *Battle with the Bugs*, *The Lucky Escape* and *A Heart Pumping Adventure*, are available on iTunes.



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