



67 Litchfield Road  
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[mountainviewgreenretreat.com](http://mountainviewgreenretreat.com)

## ***Sweet Potato & Black Bean Burgers***

These burgers create a filling, low cholesterol, high nutrition meal. Sweet potatoes are one of the most nutritionally complete foods, are high in anti-oxidants and promote good gut health, and are helpful for our vision. The black beans are a good source of healthy protein.

For best results, prepare the burger mixture in advance and let it chill in the refrigerator (you can let it chill overnight or longer if you'd like).

Adapted from: Cookie and Kate

Serves: 7

### **Ingredients**

- 3/4 pounds sweet potatoes (smaller potatoes cook faster)
- 1/6 cup uncooked millet or quinoa (or 1/2 cup cooked)
- 1/2 cup old fashioned oats
- 3/4 can (15 ounces) black beans, rinsed and drained (or 1 1/8 cups cooked black beans)
- 1/4 cup lightly packed fresh cilantro leaves, chopped
- 1 teaspoons cumin powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon chipotle powder or smoked hot paprika
- 1/4 teaspoon cayenne powder (optional, to taste)
- 3/4 teaspoon salt
- 1 T. High quality vegetable oil (or coconut oil, if you don't mind the coconut taste, olive oil may burn)
- 3/4 tablespoons Psyllium husk (optional)
- More oil for cooking burgers

### **Instructions**

1. Roast the sweet potatoes: Preheat the oven to 400 degrees Fahrenheit. Slice the sweet potatoes down the center lengthwise. Place the sweet potatoes cut side down on a rimmed baking sheet. Roast until they yield to a gentle squeeze, 30 to 40 minutes or longer. Once the sweet potatoes are cool enough to handle, remove the skin (it should pull off easily) and roughly chop the insides. Set aside to cool completely.
2. Cook the millet: In a small saucepan, bring 1 cup of water to boil. Stir in the millet, reduce heat to low and simmer, covered, until tender (about 25 minutes). Drain off any remaining liquid and set aside to cool. OR cook the quinoa: Rinse the quinoa in a fine mesh colander, then combine with 2/3 cup water in a small saucepan. Bring the mixture to boil, then cover and reduce heat to maintain a gentle simmer. Simmer for 15 minutes, then remove from heat and let the quinoa steam with the lid on for 5 minutes. Then drain off any excess water and set aside to cool.



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3. Grind the oats: Use a food processor or blender to grind the oats until the flakes are broken up, but not as fine as flour.
4. Mix the burgers: In a large mixing bowl or the bowl of your electric mixer, combine the cooled sweet potatoes and millet, black beans, cilantro, cumin, chili powder, chipotle or paprika, cayenne (optional, add to taste for spicier burgers) and salt. Use a potato masher, big mixing spoon or the paddle attachment of your mixer to mix really well. It's ok if the black beans get smashed in the process.
5. Mix in the oats: Sprinkle the ground oats over the mixture and mix well with a big spoon until the mixture holds together when you shape a portion into a patty. If possible, cover and refrigerate the mixture for best results (the patties will hold together better during cooking if they are chilled first).
6. Shape the burgers: Use a measuring cup to measure out  $\frac{1}{2}$  cup of the mixture. Gently shape it into a patty about  $3\frac{1}{2}$  inches in diameter. Use your hands to gently flatten the burgers and smooth out any jagged edges. (Or use a burger press and a scale. Each burger should weigh 80 gms.)
7. Repeat the process for each patty; you should end up with 7. If you would like to toast your hamburger buns, preheat the oven to 350 degrees now.
8. Pan fry the burgers: Heat 1 tablespoon oil in a large cast iron or non-stick skillet over medium heat. When it's hot, place several burgers in the pan, leaving enough room to flip them. Cook each patty until browned and heated through, about 3 to 4 minutes per side. Add 1 tablespoon oil to the skillet for each pan of burgers you fry.
9. Alternatively, bake at 375 degrees (21 min. per side.)
10. Toast the buns (optional): Place the buns on a baking sheet, cut sides up, and bake until lightly toasted, about 2 to 3 minutes.



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## **Fresh Pressed Juice**

Fresh pressed juice is a way to kick start your day, your nutrition and your energy levels. Pressing a juice takes out the fiber, which allows us to take in the nutrition of the vegetable or the fruit through the juice. If you were to eat all of the vegetables listed below, it might be difficult in one sitting. But through juicing, you can drink the equivalent of eating them. Many people cure a variety of health conditions through juicing and others use juicing to give them the energy to avoid caffeine. Whatever you prefer, you will find that drinking a fresh pressed juice once per day will significantly improve your health. We recommend using fresh organic ingredients.

### **For One Serving:**

Carrots (3)

Beets (1)

Lemon (1)

Celery (3 stalks)

Kale (one handful)

Cucumber (1)

Apples (1-2)

(You can optionally put in any vegetables or fruits that you love)

Juice in Juicer and enjoy!

## **Super Easy Homemade Chocolates for Brain Boost**

These chocolates use coconut oil for helping the brain function (particular helpful for memory) and the raw cacao (which is chocolate before it is processed) has many antioxidant properties and also helps give us a brain and energy boost. Since they are frozen, they are a great guilt free snack for these hot summer days.

### **Ingredients:**

Raw Cacao (1/4 cup)

Raw Coconut Oil (1/2 cup)

Raw Coconut Butter (1/4 cup)

½ tsp vanilla powder or vanilla extract

Pinch salt



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Combine ingredients in a small pot and heat over low until melted, stirring to combine. Once melted, pour into small silicon molds or mini cupcake paper liners. Then freeze until hard. (Note we don't use sweetener, so these are like a bitter dark chocolate. If you prefer them sweeter, you can use your sweetener of choice.)

### **Virgin Pina Colada – Anti swelling**

This easy Tropical drink is very good for reducing swelling and inflammation of joints and other body parts. It is a great drink to enjoy during this hot summer weather.

Ingredients: (makes 2)

Fresh Pineapple cut into cubes (or canned/frozen) (2 cups)  
1 can coconut milk  
Ice cubes (4-5)

Blend all in a blender till well mixed and chopped up. Pour in glasses and enjoy.

### **Homemade Nut Cheese**

No cholesterol, No hormones; just Heart Healthy Fats, and nutrition for our brain.

Raw Cashews 2 cup  
Juice of ½ lemon  
½ -1 tsp salt  
Optional (1 tablespoon nutritional yeast)  
½ - 1 cup water – or enough water to barely cover ingredients  
(optional ingredients – ½ red pepper, 1 tbsp tahini)

Blend all ingredients in a blender until smooth.