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Udo's Choice® Superfoods Recipes

Enjoy the wholesome goodness of organic omega-3 and -6
Essential Fatty Acids in these simple and delicious recipes.



Udo's Choice®

Superfoods Recipes

"Let food be thy medicine,
thy medicine shall be thy food."

~ Hippocrates

This booklet was crafted with passion, love and adoration for healthy foods and nourishing dishes. So, eat well and let wellness be your reward.



About Udo's Oil™ 3•6•9 Blend

Each bottle of Udo's Oil™ contains a blend of **organic, non-GMO, cold-pressed extra virgin oils**: flax, evening primrose, sunflower, coconut, sesame, rice and oat brans. Udo's Oil™ 3•6•9 Blend is one of the most important staples in your fridge and contains the ideal 2:1:1 ratio of omega-3, -6 and -9 fatty acids that your body requires. Because our bodies cannot produce Essential Fatty Acids, it is imperative that we get them from a quality source like Udo's Oil™.

Everyday cooking oils are severely damaged by processing with heat, solvents and bleach as well as hydrogenation, refining and deodorizing. Udo's Oil™ 3•6•9 Blend is unrefined and pressed without heat, light, oxygen, solvents and other chemicals.

How to take it everyday

1-3 Tablespoons will give you optimum benefits

Udo's Oil™ can be added as a dressing to cold or hot foods. This can boost the level of health-promoting omegas in our bodies and add to our overall food experience. Just remember: never heat the oil as this destroys its nutritional value.

About Udo Erasmus

Udo Erasmus is the world's foremost international authority on fats, oils, cholesterol and human health. A professional nutritionist, Udo was poisoned by pesticides in the 1980s. When conventional medicine failed him, he took responsibility for his own health and began extensive research that resulted in his best-selling book, *Fats that Heal Fats that Kill*, earning him an honorary PhD. In 1983 he pioneered the technology for pressing and packaging fresh edible oils without compromising the quality of the ingredients, creating the award-winning Udo's Oil™ formula. Udo's Oil™ 3•6•9 Oil Blend was the first to be made with health, not shelf life, in mind. This healthful, organic, unrefined seed oil provides the ideal ratio of omega-3 and omega-6 Essential Fatty Acids that our bodies need for optimal health.



Chia-Açaí Power Drink

Makes 1 serving

- 1 cup coconut water
- ½ cup frozen raspberries
- 1 (3.5 oz) packet frozen açai puree
- 3 Tbsp **Udo's Oil™**
- 2 Tbsp chia seeds
- 1 scoop protein powder (optional)
- Sweetener (optional)

Place all the ingredients in a blender and process until smooth. Drink at once.



Most of the omega-6s we get in our diets are damaged, but **Udo's Oil™** provides unrefined, un-damaged, healthy omega 3•6•9 oils in balance.

Oatmeal with Peaches and Goji Berries

Makes 1 serving

- 1 cup water
- 1 large peach, cut into bite-size chunks (frozen peaches work well)
- 2 Tbsp goji berries
- 1 tsp vanilla extract
- Pinch sea salt
- ½ cup organic rolled oats
- 1 Tbsp **Udo's Oil™**
- 1 Tbsp maple syrup (optional)

Place the water, peach, goji berries, vanilla and salt in a small pot and bring to a boil. Add the oats and stir to combine. Cover the pot, reduce the heat to the lowest setting, and cook for 5 minutes. Turn off the heat and let sit for 2 to 3 minutes. Pour the contents of the pot into a bowl and stir in the **Udo's Oil™** and maple syrup, if desired. Serve at once.

Always packaged in recyclable glass bottles and metal lids to prevent harmful substances from leaching into **Udo's Oil™**.

Ahi & Avocado Cucumber Cups

Makes about 12 hors d'oeuvres

- 1 hothouse cucumber
- ¼ pound sashimi grade Ahi tuna
- 1 ripe avocado
- 1 tsp lemon juice
- 1 tsp **Udo's Oil™**
- 1 tsp prepared wasabi
- ¼ sheet nori seaweed, finely shredded and cut in ¾-inch lengths (for garnish)

Peel the cucumber and slice into ¾-inch lengths. Using a melon baller or similar tool, scoop out an indentation about ½ inch deep, creating a cucumber cup. Place the cups upside-down on a towel and set aside.

With a very sharp knife, cut the ahi and avocado into cubes slightly larger than ¼ inch, keeping them separate. Very gently toss the avocado with the lemon juice. In a small bowl, mix the Udo's Oil™ and wasabi together. Add the ahi and gently toss to coat. Add the avocado and toss again, taking care not to damage the cubes. Place the cucumber cups right-side-up on a tray or serving plate. Using a small spoon, fill the cups evenly with the ahi-avocado mixture. Garnish with the shredded nori and serve at once.

The organic flax used in **Udo's Oil™** is grown exclusively in Canada.



Simple Garlic Udo's Oil™

Makes about 1 cup

- 4 to 7 cloves garlic
- 1 cup **Udo's Oil™**
- Salt to taste (optional)

Pass the garlic cloves through a garlic press into a small jar. Add the Udo's Oil™ and salt. Stir. Cover and refrigerate until ready to use.



Udo's Oil™ is the ultimate source of healthy fats (EFAs). Fat is required for the vitality and proper functioning of more than 75 trillion (75,000,000,000,000!) cells.

Curried Squash Soup with Pumpkin Seeds

Makes 4 to 6 servings

2 Tbsp coconut oil
1 large onion, diced
9 cloves garlic, minced
3 Tbsp finely diced fresh ginger
1 Tbsp curry powder
1 tsp sea salt
4½ cups diced butternut squash (about 2 pounds)
2 vegetable bouillon cubes
1 (14 oz) can coconut milk
¼ cup Simple Garlic **Udo's Oil™** (recipe on page 6)
4 to 6 Tbsp pumpkin seeds

Heat the coconut oil in a large pot and add the onions. Cook and stir for 2 to 3 minutes, until the onions soften. Add the garlic and ginger and continue stirring for another 2 minutes. Add the curry powder and salt, stirring to mix thoroughly. Add the squash and continue stirring until the mixture is nearly dry. Add 5 cups of boiling water, the coconut milk and vegetable bouillon cubes. Bring to a boil, adjust the heat to maintain a steady simmer, and cook for about 20 minutes, or until the vegetables are tender.

Puree the contents of the pot in a blender until smooth. Return to the pot and reheat. Remove from the heat and stir in the Simple Garlic Udo's Oil™. Ladle into bowls, garnish with the pumpkin seeds and serve at once.



Coconut Curry with Chicken & Snow Peas

Makes 4 servings

6 oz snow peas, stem ends removed
2 small skinless and boneless chicken breast halves
1 Tbsp coconut oil
1 green pepper, diced
8 fresh shiitake mushrooms, stems removed and sliced
2 Tbsp Thai panang curry paste
3 cups coconut milk
¼ tsp sea salt
½ cup Thai basil leaves, torn or coarsely chopped
¼ cup Simple Garlic **Udo's Oil™** (see recipe on page 6)
4 scallions, thinly sliced on a sharp diagonal

Fill a large pot with water and bring to a boil. Add the snow peas and stir for about 1 minute. Drain and then immediately refresh under cold running water. Drain well and set aside.

Cut the chicken breasts in half, lengthwise, and then crosswise into ¼-inch slices. Set aside on a plate.

Heat the coconut oil in a large pot and add the diced pepper. Stir for about 1 minute, until the peppers are lightly blistered, and then add the mushrooms and the curry paste. Stir to break up the curry paste and add the coconut milk and salt. Continue stirring until the curry paste is thoroughly incorporated and the mixture comes to a boil. Add the chicken pieces, stirring well for 2 minutes. Add the snow peas and warm through.

Remove from the heat and stir in the basil leaves and Simple Garlic Udo's Oil™.

Divide the curry among 4 bowls, garnish with the sliced scallions and serve at once.



Kale Slaw with Fresh Turmeric

Makes 4 servings

- 1 bunch Tuscan kale (about 15 stalks), washed and dried
- 4 oz enoki mushrooms, root ends cut off and stalks separated
- 2 stalks celery, halved lengthwise and cut diagonally into strips
- 2 carrots, grated
- 1 red pepper, cut into thin strips
- ½ red onion, cut into slivers
- ½ cup basil leaves, packed
- ¼ cup unseasoned brown rice vinegar
- ¼ cup **Udo's Oil™**
- 4 cloves garlic
- 2 tsp sriracha sauce
- ½ tsp sea salt
- 4 turmeric roots, peeled

Grasping the leaf portion of the kale, pull away and discard the stems. Stack the leaves and slice crosswise into very thin strips. Place in a large bowl along with the mushrooms, celery, carrot, red pepper and onion.

Place the basil, vinegar, Udo's Oil™, garlic, sriracha and salt in a blender and process until smooth. Pour over the vegetables in the bowl and mix thoroughly. Divide among 4 plates. Grate 1 turmeric root over each salad and serve at once.

Quinoa with Corn and Peppers

Makes 4 servings

- 1 cup quinoa
- 1½ cups frozen white corn
- 1½ cups water
- 1 vegetable bouillon cube
- 1 Tbsp coconut oil
- 1 large onion, diced
- 1 red pepper, diced
- 1 green pepper, diced
- 1 yellow pepper, diced
- 1 orange pepper, diced
- ¼ cup Simple Garlic **Udo's Oil™**
(See recipe on page 6)
- 2 Tbsp chopped parsley (optional)

Rinse the quinoa and place in a small pot with the corn, water and the bouillon cube. Bring to a boil over high heat. Reduce the heat to the lowest setting, cover the pot and cook for 15 minutes.

While the quinoa is cooking, heat the coconut oil in a large pot and add the onion. Cook and stir the onion for about 5 minutes, until softened. Add the peppers and cook and stir until soft, another 10 minutes. Add the cooked quinoa and corn and combine well. Remove from the heat and stir in the Simple Garlic Udo's Oil™ and half the parsley, if desired. Divide among 4 plates and garnish with the remaining parsley. Serve at once.



Just 1 Tbsp of **Udo's Oil™** provides all of an adult's daily needs for omega-3s.

Mussels with Garlic & Saffron

Makes 4 servings

4 pounds fresh mussels, scrubbed and debearded

1 cup dry white wine

1 Tbsp olive oil

7 cloves garlic, minced

2 Tbsp finely chopped shallots

1 large pinch saffron threads, lightly crushed

Salt and pepper to taste

½ cup **Udo's Oil™**

¼ cup chopped parsley

Place the mussels in a large pot, taking care to discard any that are open. Combine the wine, olive oil, garlic, shallots, saffron, salt and pepper in a bowl. Mix thoroughly and pour over the mussels. Cover the pot tightly and place over high heat. After 5 or 6 minutes, remove the cover and check to see that the mussels have opened. If any are still closed, turn down the heat and wait another 2 to 3 minutes. Remove the mussels, reserving the cooking liquid. Discard any unopened shells, and divide between 4 shallow bowls.

Working quickly, whisk the Udo's Oil™ and parsley into the hot liquid and pour over the mussels in the bowls. Serve at once, with slices of crusty bread to mop up the juices.

For extra brain power, **Udo's Oil™** also comes with added DHA from unrefined algae!



Ginger Halibut with Cilantro-Lime Sauce

Makes 4 servings

1½ cups cilantro, coarsely chopped

½ cup very finely julienned fresh ginger

4 shallots, thinly sliced

4 tsp grated lime zest

4 cloves garlic, minced

4 (5 oz) pieces halibut filets, skin removed

4 Tbsp freshly squeezed lime juice

4 Tbsp **Udo's Oil™**

½ tsp sriracha sauce

Combine 1 cup of the cilantro with the ginger, shallots, 2 tsp of the lime zest and the garlic in a bowl. Select a plate large enough to hold the filets snugly in a single layer, but small enough to fit into the steamer with a little room around the edges, and spread about a quarter of the mixture on it. Lay the fish pieces on top, and cover with another quarter of the mixture.

Place the plate in the steamer insert. Fill the bottom pan of the steamer with water and bring it to a boil. Fit the steamer insert in place, cover and steam the fish for 9 to 12 minutes, or until done. Carefully remove the plate and transfer the fish filets to heated plates.

Working quickly, tip the plate and drain any accumulated juices into a blender. Add the remaining ½ cup cilantro and 1 Tbsp lime zest, the lime juice, Udo's Oil™ and sriracha, and process until smooth. Pour the sauce around the fish filets and a little on the tops. Sprinkle the fish filets with the reserved cilantro-ginger mixture and serve at once.



Chocolate-Raspberry Parfait

Makes 4 servings

4 oz dark chocolate, chopped
(minimum 70 % cacao solids)

½ cup hot water

3 Tbsp raspberry eau-de-vie,
or raspberry liqueur

2 Tbsp **Udo's Oil™**

12 oz fresh raspberries

Place the chocolate in a steel bowl over hot, but not boiling water. Stir with a whisk until melted. Slowly add the ½ cup hot water, a little at a time, whisking constantly, until incorporated. Remove the bowl from the hot water bath and add 2 Tbsp of the raspberry eau-de-vie, followed by the Udo's Oil™, whisking to combine thoroughly. Set aside to cool.

Toss the raspberries with the remaining 1 Tbsp of the raspberry eau-de-vie. Select 4 champagne flutes and place a few raspberries in each one. Pour a little of the chocolate mixture over the raspberries in the flutes, and then add another layer of berries. Continue alternating layers of chocolate mixture and berries until the flutes are nearly full, reserving a little space at the top for the ice cream, if desired. Refrigerate until the chocolate is set, at least 2 hours.

Remove the parfaits from the refrigerator and add a small dollop of softened ice cream to the top of each one (if desired). Serve at once.

Udo's Oil™ is boxed and refrigerated to ensure the delicate oils are protected from light, heat and oxygen.



About the Chef

Alan Roettinger has had the pleasure of creating healthy dishes for some of the world's most prominent people, from celebrities to prime ministers.

Alan was first introduced to Udo's Oil™ by his doctor, who recommended it for cardiovascular benefits. After a few months of developing and eating different dishes with the oil, Alan noticed that several of his health problems had simply vanished.

His love for Udo's Oil™ is evident in his first cookbook, *Omega 3 Cuisine*, which showcases the oil in every recipe, displaying Alan's remarkable ability to bring healthy eating and flavour together in a wide range of dishes. His second cookbook, *Speed Vegan*, offers quick and easy, plant-based dishes with unusual flavours for the time-pressured home cook. Now, this collection of Superfoods recipes reiterates his passion for Udo's Oil™, merging simple recipes with health-boosting ingredients, truly displaying his talent for encouraging and empowering people to "Eat smart, and live joyfully."

Visit his blog:

www.veganascend.blogspot.com

and his website:

www.alanroettinger.com.

