



Simple Spring Recipes

TAMMIE DUGGAR

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DUGGAR WELLNESS

LET'S CELEBRATE SPRING!

Springtime is here, and that generally means warm days, cold snaps, and sudden showers. All that unpredictable weather brings us amazing beauty, colors, and flavors of spring.

With longer and warmer days it's time to start seeing springtime veggies and some favorite fruits too!

Following the seasonal patterns of fresh produce will help you pick the freshest and most nutrient-dense varieties, so check out your local springtime farmer's markets or even the produce section in the grocery store.

Spring produce can offer a wide range of choices depending on where you live, check out this [reference guide](#) to see what is available locally in North America.

In this book, **Simple Spring Recipes**, I've collected my favorite recipes to inspire you to use all the beautiful greens of spring veggies and the gentle colors of spring fruit.

Get busy in the kitchen this spring with recipes that take 30 minutes or less and are bursting with fresh food ingredients including; asparagus, strawberries, radish, blueberries, carrots, beets, broccoli, green peas, and assorted greens.

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FRUITS

- 1 Banana
- 1 cup Blackberries
- 1 1/4 cups Blueberries
- 1 Lemon
- 1 cup Strawberries

BREAKFAST

- 2 tbsps Almond Butter
- 2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1 tsp Cinnamon
- 2 1/2 tsps Dried Thyme
- 1 tbsp Ground Flax Seed
- 2 tbsps Hemp Seeds
- 2 tsps Sea Salt
- 1/4 cup Slivered Almonds
- 1/2 cup Sunflower Seeds

FROZEN

- 2 cups Frozen Peas

VEGETABLES

- 2 cups Asparagus
- 2 cups Baby Spinach
- 1 cup Basil Leaves
- 5 Beet
- 6 Carrot
- 1 head Cauliflower
- 1 Garlic
- 6 stalks Green Onion
- 10 cups Kale Leaves
- 1/2 cup Parsley
- 1 1/4 cups Radishes
- 3 cups Snap Peas

BOXED & CANNED

- 4 cups Brown Rice Fusilli, Cooked
- 10 ozs Canned Wild Salmon
- 2 cups Green Lentils
- 2 cans Tuna

BAKING

- 1/4 cup Oats
- 1/2 tsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 lb Extra Lean Ground Turkey

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1 1/2 tsps Coconut Oil
- 3 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 3 tbsps Red Wine Vinegar

COLD

- 1 Egg
- 1/2 cup Unsweetened Almond Milk

OTHER

- 1/4 Cup Collagen Powder
- 6 cups Water

Triple Berry Protein Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Strawberries (sliced)
1 cup Blueberries
1 cup Blackberries
2 tbsps Almond Butter
2 tbsps Hemp Seeds
1/4 cup Slivered Almonds
1/2 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Blueberry Banana Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Egg
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 1/4 Cup Collagen Powder
- 2 tsps Maple Syrup

DIRECTIONS

- 01 In a mixing bowl or blender, mix the egg, collagen powder, flax seed, banana, almond milk, cinnamon and oats.
- 02 Stir blueberries into mixture.
- 03 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 04 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a pan or in the toaster.

SERVING SIZE

One serving is approximately one large pancake or two small pancakes.

EGG-FREE

Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.

Spring Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Green Lentils (cooked, drained and rinsed)
3 cups Snap Peas (washed)
1 cup Frozen Peas (thawed)
2 cups Baby Spinach (chopped)
2 cans Tuna (drained and flaked)
3 tbsps Red Wine Vinegar
1 tbsp Extra Virgin Olive Oil
2 tbsps Dijon Mustard
1/4 tsp Sea Salt
1/4 tsp Black Pepper

DIRECTIONS

- 01 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 02 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

NOTES

STORAGE

Store in the fridge in an airtight container up to 3 days.

NO TUNA

Use diced chicken breast instead.

VEGETARIAN AND VEGAN

Skip the tuna and add extra lentils.

Creamy Cauliflower & Carrot Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tsps Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

DIRECTIONS

- 01 Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
- 02 Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

NOTES

MAKE IT FANCY

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

ANTI-INFLAMMATORY

Add turmeric powder.

ADD PROTEIN

Stir in roasted chicken.

GUT-HEALING

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

Kale, Salmon & Beet Salad

4 SERVINGS 50 MINUTES



INGREDIENTS

4 Beet (skin on, washed)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1/2 tsp Raw Honey
1/8 tsp Sea Salt
8 cups Kale Leaves (finely shredded)
1/4 cup Radishes (thinly sliced)
10 ozs Canned Wild Salmon

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven and let them cool. Once cooled, peel and slice into quarters.
- 02 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, apple cider vinegar, honey and sea salt. Set aside.
- 03 Add the kale to a bowl and add half of the dressing, using your hands to massage it into the kale leaves. Then add the radishes, salmon and beets. Drizzle the remaining dressing on top. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add pickled onions or your favorite nuts and seeds.

NO SALMON

Use canned tuna or sardines instead.

Carrot & Beet Turkey Bites

4 SERVINGS 25 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Turkey
1 Carrot (medium, peeled and grated)
1 Beet (medium, peeled and grated)
1/2 tsp Sea Salt
1/2 tsp Dried Thyme
1 tbsp Dijon Mustard
2 tbsps Avocado Oil

DIRECTIONS

- 01 In a large mixing bowl, use your hands or a spatula to combine all the ingredients except avocado oil.
- 02 Divide the mixture and form patties about 4-inches wide. The patties will shrink after cooking.
- 03 Heat avocado oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about 4 to 5 minutes each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
- 04 Transfer to a plate lined with paper towel and serve immediately. Enjoy!

NOTES

SERVE THEM WITH

Salad, quinoa or sweet potato fries.

NO AVOCADO OIL

Use olive oil, coconut oil or ghee instead.

SERVING SIZE

One serving is equal to about 4 small patties.

LEFTOVERS

Keeps well in the fridge up to 3 days. Freeze in an airtight container up to 6 months.

Spring Vegetable Pasta Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 cup Basil Leaves (chopped)
- 2 cups Kale Leaves
- 1 Lemon (juiced)
- 1 Garlic (clove, chopped)
- 1/2 cup Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 cup Sunflower Seeds
- 2 cups Asparagus
- 1 cup Frozen Peas (thawed)
- 1 cup Radishes (sliced into rounds)
- 4 cups Brown Rice Fusilli, Cooked

DIRECTIONS

- 01 Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
- 02 Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 03 Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

NOTES

MORE PROTEIN

Add grilled chicken or roasted chickpeas.