

Dr. Bethune's Recipe List

Eating healthy can be easy to make, tasty and fun! We are delighted to share these wonderful recipes with you:

Salads:

- [Crazy Quinoa Salad](#)
- [DeAnne's Garlic Dressing](#)
- [Quick Lemon & Garlic Quinoa Salad](#)
- [Roast Veggie Salad](#)
- [Vinegar-Free Dressings](#)

Snacks:

- [Amazing Raw Chocolate Pudding](#)
- [Carrots, Broccoli, Pumpkin Seeds](#)
- [Fiery Carrot Dip](#)
- [Linda Jo's Famous Date Treats](#)
- [Raw Energy Bars](#)

Soups:

- [Butternut Squash Soup](#)
- [Coconut Ginger Carrot Soup](#)
- [Immune Booster Soup](#)
- [Potato Broccoli Soup](#)
- [Vegan Split Pea Soup](#)

Misc:

- [Crunchy "Tacos"](#)
- [Kichari](#) (courtesy of Kripalu Center)
- [Mueslix](#)
- [Red Chard Risotto](#)
- [Roasted Kale](#)
- [Sesame Soy Tofu](#)
- [Southwest Stuffed Avocados](#)
- [Tabouli](#)

Dr. Stephanie Bethune, Naturopathic Physician

Stonington Natural Health Center • 107 Wilcox Road • Stonington, CT 06378 • 860.536.3880