



&

RACHEL DETROIT
lifestyle coaching

present 10 recipes for 10 years!

All of these recipes are OMS compliant & whole food plant based. The recipes are simple & your whole family will enjoy them. They are all OMS compliant, created by a fellow OMSer, Rachel Detroit.

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Basic Foundation of a Smoothie

Servings: 1

Ingredients

- 1 frozen banana (slice the banana small to make blending easier before freezing)
- ½-1 cup frozen fruit of choice
- 1 cup of greens of choice (spinach, kale, sprouts etc.)
- ½-1 cup plant milk

- 2-3 ice cubes (optional)
- 2 tbsp flaxseed meal

Options:

- Add your flax oil here.
- For a chocolate smoothie, use 2 tbsp cacao powder & strawberries for a strawberry chocolate smoothie.
- For a tropical smoothie, use ½ cup orange juice & ½ cup water & mangos and pineapple.



Process

1. Combine everything in a blender and blend!

Refried Beans

Servings: 4-6



Ingredients

2 cans (or 3 cups of cooked) pinto beans or any beans of choice
½ cup finely chopped yellow or white onion
¼ tsp salt
2 cloves garlic, pressed or minced
2 tbsp chopped fresh cilantro
1 tbsp chili powder
1 tsp ground cumin
½ tsp of oregano
½ tsp salt
½ cup water
the juice of 1 lime

Process

1. Saute the onions over medium heat in a large nonstick skillet or saucepan for 5-6 minutes.
2. Add the garlic, chili powder and cumin. Stir constantly until fragrant, about 30 seconds.
3. Add all the beans and heat on medium for about 6-7 minutes, stirring often.
4. Remove the skillet from the heat and stir in the cilantro and lime juice.
5. Add all of the contents to a food processor and process until a paste is made. Add water as needed for desired consistency.
6. Enjoy!

Bean Sweet Potato Snack



Servings: 2

Ingredients

2 medium sliced sweet potatoes (slice about ¼ inch thick & make as many as you like!)

½-1 cup refried beans

1 avocado, sliced

1 medium tomato, sliced

Dried Oregano

Hot sauce

Process

1. Preheat the oven to 400 degrees F (200 degrees C or Gas Mark 6).
2. Slice sweet potato about ¼ inch thick.
3. Line a baking sheet with parchment paper or a nonstick baking sheet.
4. Bake for 15 minutes, flip and bake for 10-20 mins more, until the sweet potato is soft to the touch.
5. Add 1-2 tsps of refried beans to each potato along with a slice of avocado and tomato.
6. Drizzle hot sauce and some oregano!
7. Enjoy!

Chickpea Salad

Servings: 4

Ingredients

1-15 oz can chickpeas
2 tbsp pumpkin seeds
1-2 medium diced pickles
¼ cup of diced red onion
½ cup diced green pepper
2 tbsp raisins
3 tbsps tahini
2 tbsp lemon
½ tsp mustard



Process

1. In a bowl, combine all ingredients except tahini, lemon & mustard. Incorporate thoroughly.
2. Add tahini, lemon & mustard. Combine & add more to taste.
3. Put this on your favorite whole grain bread or a bed of lettuce.
4. Enjoy!

Chickpea Flour Chili Flatbread

Servings: 5-6

Ingredients

1 cup chickpea flour (You can buy or make your own by blending dried chickpeas until a flour is made.)
1 ½ cup water
2 tbsp of chili powder (feel free to substitute the seasoning to flavor it as you like)
Salt to taste

Optional Toppings/Fillings:

Hummus
Tofu of Choice
Veggies of Choice
Refried Beans & toppings



Process

1. Combine all the flatbread ingredients in a bowl. Whisk together. Let sit for 3-5 minutes.
2. Heat a non-stick pan on medium heat. Pour about 2-3 tbsp in size and move the pan around to spread the liquid out.
3. Let sit until the wrap forms little pancake like bubbles. (Less than 3 minutes! Watch closely.)----Also depends on your stove..
4. Flip and cook for 1-2 minutes until a nice color is achieved.
5. Put on a cooling rack if you have one.
6. Let cool, and top with anything you like!
7. Enjoy.

Taco Bowl



Servings: 4

Ingredients

1-15 oz can blackbeans, rinsed & strained
2-3 medium potatoes, cubed small
1 small red onion, diced
1 cup frozen corn
½-¾ cup salsa
1 tsp cumin
1 tsp chili powder
2 cloves garlic, minced
Juice of 1 lime

Toppings

Tomatoes
Avocado
Hot sauce
Lettuce

Process

1. In a nonstick skillet, add onions, cumin, chili powder and garlic. Sautee for a few minutes then add the cubed potatoes. These will need to cook on medium-low for about 10 minutes with the lid on, stirring a few times during this to make sure it is not sticking or burning.
2. Once potatoes are mostly cooked, add the black beans, salsa & frozen corn. Cook for an additional 5-10 minutes.
3. Serve over a bed of greens or in a corn tortilla.
4. Enjoy!

Lebanese Lentil Soup



Servings: 8

Ingredients

3 cups of crushed red lentils
1 large onion, (chopped)
3-4 cloves of garlic, (minced)
1 medium sized potato (cubed)
1 carrot, (chopped)
4 cups of water or veggie broth
1 tbsp cumin
¼ tsp salt or to taste
Pepper to taste

Add at end

3-4 cups of fresh spinach
Juice of 2-3 lemons (add to taste!)

Process

1. Sauté the onions and garlic in a pot. Do this without water by using medium heat and continuing to stir the onions and garlic non stop.
2. Add all the ingredients to the pot except the spinach and lemons.
3. Bring to a boil then let simmer for 25-30 minutes, stirring so the lentils don't stick to the bottom of the pot.
4. Remove the skillet from heat and add the spinach and lemon. Tasting to see if you want to add more lemon! (It's a lemony soup!)
5. Enjoy!

Lentil Sloppy Joe's

Servings: 6

Ingredients

- 1 cup uncooked green or brown lentils
- 3 cups water
- 1 medium yellow onion, diced
- 1 medium green bell pepper, chopped small
- 2 garlic cloves, minced
- 3 tbsps chili powder
- 2 tsps smoked paprika
- (1) 15-ounce can tomato sauce
- 2 tbsps ketchup
- 3 tbsps mustard
- 3 tbsps maple syrup
- 1/2 tsps salt, or to taste



For serving:

- OMS compliant whole grain buns or Ezekiel Bread
- Pickles
- Red onions

Process

1. In a medium pot with a lid, add the lentils and water. Bring to a boil, then lower heat and simmer for 18-20 minutes or until tender. Drain excess liquid and set aside.
2. Heat a large skillet over medium heat. Add the chopped onion, green bell pepper and garlic. Saute for about 3-5 minutes.
3. Now add the chili powder and smoked paprika, and stir to coat the vegetables for about 1 minute. Add a little water if it's too dry.
4. Next, add the tomato sauce, ketchup, mustard and maple syrup. Stir until well incorporated. Add in the cooked lentils and stir.
5. Serve on buns with red onion slices and pickles!
6. Enjoy!

Sweet Potato Tahini Raisin Snack

Servings: 2

Ingredients

2 small sweet potatoes
1-2 tsp of tahini
A few raisins
Cinnamon



Process

1. Clean and wash your sweet potatoes. Leave the skin on.
2. Preheat the oven to 400 degrees F (200 degrees C or Gas Mark 6).
3. Bake the sweet potatoes (whole, do not cut yet) for 35-40 minutes. You want the potatoes to be soft inside. You want them to be squishy to the touch. If they are not soft yet, let them cook for 10 more minutes.
4. Remove them from the oven, slit the sweet potatoes down the middle.
5. Drizzled with tahini and top with raisins.
6. Enjoy!

Banana Bread

Servings: 8

Ingredients

½ cup almond flour (replace with any of the other flours for a nut free version)

½ cup chickpea flour

½ oat flour

½ cup GF flour

3 very ripe bananas, mashed well

½ cup date sugar

½ cup unsweetened applesauce

¼ cup unsweetened almond milk, mixed with 1 teaspoon apple cider vinegar

2 teaspoons vanilla extract

1 teaspoon cinnamon

¼ teaspoon pumpkin spice

½ teaspoon salt

½ teaspoon baking soda

You can use any flour as long as it totals up to 2 cups



Process

1. Preheat the oven to 350 F. Use a non-stick 8x4 inch bread pan or line a bread pan with parchment paper.
2. Mash the bananas in a large bowl. Sift flour, baking soda, salt and spices over bananas.
3. In a small cup, mix together the almond milk and apple cider vinegar. Let sit for 2 minutes.
4. Add the rest of the ingredients to the bowl. Add nuts or berries if desired.
5. Pour batter into the pan. Bake for an hour and 10 minutes .
6. Enjoy!

*Thank you for attending this webinar and being
apart of the OMS community.*

Hello! My name is Rachel and I am a lifestyle coach and a plant based chef. I was diagnosed with MS in 2018. Since then, I have used the OMS program to optimize my health and the quality of my life. OMS has empowered me with the tools I need to live well with MS and now, I help others do the same.

If you're interested in learning more about coaching and how it could help you, send me a message! Together, we can do anything,



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