



Cooking  
For  
Longevity

EFI's Recipes For  
**Healthy  
Living**



25 Tasty Anti-Aging Recipes

# Table of Contents

- Disclaimer..... 5**
- Legal Notice ..... 6**
- Preface ..... 7**
- Breakfasts..... 8**
  - Sweet Potato Fritters with Fried Eggs .....9
  - Yogurt and Lemon Curd Easy Breakfast.....10
  - Gluten Free Strawberry Muffins.....11
  - Gluten Free Blueberry Loaf.....12
- Lunches ..... 13**
  - Chickpea and Avocado Fajitas .....14
  - Salmon and Goat Cheese Omelet.....15
  - Salmon and Roasted Veggies Warm Salad .....16
  - Spicy Avocado Summer Salad .....17
- Dinners..... 18**
  - Bean and Potato Curry.....19
  - Broccoli and Sweet Potato Gratin .....20
  - Lemon Roasted Veggies with Chicken and Pomegranate..... 21
  - Turkey Meatball Curry .....22
  - Spanish Meatballs and Padron Peppers .....23
- Snacks ..... 24**
  - Avocado and Eggplant Spread .....25
  - Olive Pate and Devilled Eggs.....26
  - Tomato Bread .....27
  - Watermelon Virgin Pina Colada.....28
- Sides..... 29**
  - Stuffed Mushrooms .....30

Watermelon and Avocado Salad Bowl .....31

Roasted Vegetable Salad Bowl .....32

**Desserts..... 33**

    Blueberry Frozen Yogurt Cake .....34

    Blueberry and Coconut Raw Cheesecake .....35

    Poppy Seed and Orange Cupcake .....36

    Salted Caramel Truffles.....37

    Sesame and Coconut Truffles .....38

**About Exercises For Injuries ..... 39**

**About Rick Kaselj ..... 40**

**What My Clients and Customers Say ..... 41**

**Free DVD Offer ..... 42**

**Our TOP 5 Best Selling Exercise Programs..... 43**

**GOT PAIN? We Have a Program for You ..... 46**

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## Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

### Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Please let me know what you think of this book. Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com) or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.

A handwritten signature in black ink that reads 'Rick Kasej'.

# Breakfasts

## Sweet Potato Fritters with Fried Eggs

### INGREDIENTS

2 eggs

For the Fritters

1 large sweet potato, peeled and grated

1/3 cup gluten free flour

2 tsp red curry paste

1 tsp hot paprika

½ tsp turmeric powder

2 egg whites

1 tbsp olive oil

2 tbsp fresh parsley, chopped

Salt and freshly ground pepper, to taste



### DIRECTIONS

Combine the sweet potato with flour, egg whites, curry paste, paprika, turmeric and oil. Mix until the ingredients begin to come together. Season with salt and pepper and fold in the parsley. Shape into 4 fritters. Line a baking tray with parchment paper. Bake the fritters for 30-40 minutes at 400 F, flipping over after 20 minutes. Grease a non-stick pan with some oil. Break the eggs and cook until slightly golden at the edges.

Top with freshly ground pepper and some more chopped parsley to serve.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 325    Fat: 13.6g    Carbs: 24.8g    Protein: 18.5g

## Yogurt and Lemon Curd Easy Breakfast

### INGREDIENTS

1 ½ cup Greek yogurt  
2 tbsp sugar-free strawberry jam

For the Lemon Curd  
Zest and juice from 2 organic lemons  
3 oz. coconut sugar  
2 oz. butter  
3 free range eggs



### DIRECTIONS

Place the zest and lemon juice, butter and coconut sugar in a saucepan. Cook for about 3-4 minutes until the butter melts completely. Reduce heat to minimum. Beat the eggs in a bowl.

Add to the saucepan stirring continuously. Keep stirring and simmer for about 10 minutes until the curd thickens. Set aside to cool completely. Place a few tablespoons of yogurt in each serving glass. Add the lemon curd. Cover with the remaining yogurt.

Top with strawberry jam to serve.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 502    Fat: 26.1g    Carbs: 49g    Protein: 20.8g

## Gluten Free Strawberry Muffins

### INGREDIENTS

¾ cup fresh strawberries, hulled and chopped  
 ¾ cup oat flour  
 ¼ cup sorghum flour  
 ½ tsp baking powder  
 ½ tsp baking soda  
 1 egg, beaten  
 2 tbsp honey/agave syrup  
 2 tbsp coconut oil, melted  
 1 tsp vanilla extract

### DIRECTIONS

Preheat the oven to 400 F and line a muffin tin with paper cases. Add all of the ingredients to a bowl and gently combine. Divide between the muffin cases and bake for 20 minutes until risen and cooked. Store in the fridge for 1-2 days if not eating immediately.



### SERVES 10

**NUTRITION INFORMATION:** Calories: 194    Fat: 4.3g    Carbs: 22.6g    Protein: 4g

## Gluten Free Blueberry Loaf

### INGREDIENTS

1 ½ cup gluten free baking flour mix  
 1 cup plain yogurt  
 ½ cup coconut sugar  
 2 tsp baking powder  
 3 eggs  
 1 tsp vanilla extract  
 1 ½ cup frozen blueberries  
 ½ cup olive oil  
 Pinch of salt  
 Zest from 1 lemon

### For the Syrup

1/3 cup freshly squeezed lemon juice  
 1 tbs coconut sugar



### DIRECTIONS

Preheat the oven to 350 F. Line a loaf pan with parchment paper, leaving enough on the sides so you can take the loaf out. Grease the pan with cooking spray if you prefer. Mix together the flour, salt and baking powder. In a separate bowl, whisk the eggs, yogurt, oil, lemon zest, sugar and vanilla. Add this mixture to the dry ingredients and mix until well combined. Coat the blueberries with 1-2 tablespoons of flour so they won't sink to the bottom of the pan. Add the fruits to the batter and gently stir to fold in.

Transfer to the prepared pan and bake for 45-50 minutes or until a toothpick inserted in the center comes out clean. Meanwhile place the lemon juice and sugar in a small saucepan and simmer until the sugar dissolves completely. Set aside to cool. After the loaf is done, leave it in the pan for 10 minutes, and then transfer to a wire rack to cool completely. Make some holes in the cake and pour the syrup over the loaf. Let cool completely before cutting it.

### SERVES 12

**NUTRITION INFORMATION:** Calories: 193    Fat: 10g    Carbs: 23.8g    Protein: 3.4g

# Lunches

## Chickpea and Avocado Fajitas

### INGREDIENTS

2 whole grain tortillas  
 ½ cup cooked chickpeas  
 1 dried chili, chopped  
 1 tsp mild paprika  
 1 tbsp olive oil  
 2 tomatoes, diced  
 ½ red bell pepper, chopped  
 1 red onion, diced  
 1 avocado, mashed  
 Juice from 1 lemon  
 Few lemon slices  
 ½ cup sour cream  
 1 tsp hot oil or chili paste  
 Fresh coriander/parsley, chopped



### DIRECTIONS

Line a baking tray with parchment paper. Arrange the chickpeas across the lined tray. Add the chopped chili, paprika and olive oil. Use a spoon to coat well. Roast for about 20 minutes at 400 F, until light brown and crisp.

To prepare the guacamole, combine the avocado with lemon juice and set aside. Mix the sour cream with hot oil or chili paste.

Heat a non-stick pan. Cook the tortillas for 1-2 minutes on each side. Spread the hot sour cream on tortillas, add the chickpeas, tomatoes, bell pepper and guacamole. Top with fresh coriander to serve.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 578    Fat: 31.2g    Carbs: 64.3g    Protein: 15.8g

## Salmon and Goat Cheese Omelet

### INGREDIENTS

4 eggs  
 1 tbsp olive oil  
 4 oz. smoked salmon, chopped  
 1 cup baby spinach  
 ½ cup goat cheese, crumbled  
 2 tbsp fresh dill, chopped  
 Salt and freshly ground pepper,  
 to taste



### DIRECTIONS

Beat the eggs, season with salt and pepper and add the crumbled goat cheese.

Heat the olive oil in a large pan. Add the spinach and cook for 1 minute, stirring continuously, until it starts to wilt. Add the salmon and pour the egg mixture. Sprinkle the chopped dill. Cook for 2 minutes, and then flip over. Cook for 2 minutes more.

If required, add some more crumbled goat cheese on top to serve.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 391    Fat: 28.5g    Carbs: 3.6g    Protein: 31.1g

## Salmon and Roasted Veggies Warm Salad

### INGREDIENTS

½ head broccoli, cut into florets  
 1 carrot, sliced  
 ½ beet, peeled and chopped  
 1 zucchini, chopped  
 2 slices smoked wild-caught salmon, chopped  
 1 tbsp olive oil  
 Salt and freshly ground pepper, to taste

For the Cashew Dressing  
 1/3 cup cashews, soaked for 1 hour  
 1 tsp freshly squeezed lemon juice  
 Salt and pepper to taste



### DIRECTIONS

Line a baking tray with parchment paper. Arrange the vegetables across the baking tray. Add the olive oil, salt and pepper. Use a spoon to coat well. Roast for 20 minutes at 400 F. Remove from the oven and set aside to cool. Meanwhile, prepare the cashew dressing: place the cashews and lemon juice in a high-speed blender. Process until smooth. Season with salt and pepper. Divide the veggies between 2 serving plates. Add the chopped salmon pieces. Top with cashew dressing to serve.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 283    Fat: 19.4g    Carbs: 18.2g    Protein: 13g

## Spicy Avocado Summer Salad

### INGREDIENTS

2 red tomatoes, sliced  
 2 yellow tomatoes, sliced  
 1 red bell pepper, sliced  
 1 red onion, sliced  
 1 avocado, pitted and sliced  
 1 green chili pepper, sliced  
 1 tbsp olive oil  
 1 tsp freshly ground pepper  
 Salt to taste



### DIRECTIONS

Combine all the veggies, except for the chili pepper. Season with salt and add the olive oil. Stir well. Divide between serving bowls. Top with avocado, chili pepper and freshly ground pepper to serve.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 351   Fat: 27.3g   Carbs: 28g   Protein: 5.3g

# Dinners

## Bean and Potato Curry

### INGREDIENTS

½ can (16 oz.) mixed beans  
 1 onion, diced  
 2 garlic cloves, sliced  
 1 potato, chopped  
 ½ cup canned tomatoes, with sauce  
 ½ cup coconut milk  
 2 chilies, chopped  
 1 tbsp olive oil  
 ½ tsp turmeric powder  
 ½ tsp curry powder  
 Salt and freshly ground pepper, to taste  
 1 cup cooked basmati rice  
 Fresh parsley, to serve



### DIRECTIONS

Heat the olive oil and sauté the onion for 3-4 minutes. Add the garlic and cook for 1 minute more. Add the chilies, turmeric and curry powder. Stir and cook for 1 more minute. Add the potatoes and pour the coconut milk. Bring to a boil, reduce heat and simmer for 10 minutes. Meanwhile, rinse and drain the beans. Add them to the curry together with the tomatoes. Stir with a wooden spoon and slightly crush the tomatoes. Cook for 15 minutes more. Season with salt and freshly ground pepper, to taste. Top with chopped parsley and serve with basmati rice.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 478    Fat: 22.7g    Carbs: 65.1g    Protein: 11.5g

## Broccoli and Sweet Potato Gratin

### INGREDIENTS

½ head broccoli, cut into florets  
 ½ sweet potato, cut into chunks  
 1 red bell pepper, sliced  
 1 carrot, sliced  
 ½ cup hard goat cheese, grated  
 5 eggs  
 Salt and freshly ground pepper,  
 to taste



### DIRECTIONS

Beat the eggs and season with salt and pepper. Add the grated cheese and stir well. Combine the veggies and place in a tray. Pour the egg mixture over the vegetables. Bake for about 30 minutes at 400 F.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 409    Fat: 26.4g    Carbs: 15.2g    Protein: 29.3g

## Lemon Roasted Veggies with Chicken and Pomegranate

### INGREDIENTS

1 zucchini, diced  
 1 red bell pepper, chopped  
 1 small eggplant, diced  
 1 onion, sliced  
 1 garlic clove, minced  
 1 lemon, chop  $\frac{1}{4}$  of it and juice the rest  
 1 tbsp olive oil  
 1 cup cooked chicken  
 2 tbsp almonds  
 2 tbsp sunflower seeds  
 2 tbsp tahini  
 3 tbsp Greek yogurt  
 Seeds of  $\frac{1}{2}$  pomegranate  
 1 tbsp fresh parsley, chopped  
 Salt and freshly ground pepper to taste



### DIRECTIONS

Combine all the veggies, add the lemon and place in a heatproof dish. Drizzle the oil, season with salt and coat everything well. Roast at 400F for about 15 minutes. Heat a non-stick skillet and roast the almonds and sunflower seeds for 4-5 minutes over low heat, stirring from time to time. Add the chicken and cook for 3 more minutes. Combine the garlic with tahini, yogurt and lemon juice. Stir well. Add the almonds, pomegranate seeds and chicken and stir again. Divide the yogurt mixture between serving plates. Add the veggies and top with parsley and freshly ground pepper to serve.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 438    Fat: 22.9g    Carbs: 32.9g    Protein: 31.5g

## Turkey Meatball Curry

### INGREDIENTS

#### For the Meatballs

1 lb. minced turkey breast  
 1 carrot, chopped  
 1 onion, chopped  
 1 tsp dried thyme  
 1 egg  
 2 tbsp olive oil  
 ½ tsp salt  
 Freshly ground pepper

#### For the Sauce

1 cup coconut milk  
 1 tsp turmeric powder  
 1 tsp curry powder  
 2 garlic cloves  
 2" piece ginger, grated  
 1 tbsp olive oil  
 1 tsp peppercorns  
 Fresh parsley or cilantro, chopped  
 Basmati rice to serve



### DIRECTIONS

Combine all the ingredients for the meatballs and stir well. Divide the mixture in 12 and shape small balls. Line a baking tray with parchment paper and transfer the meatballs. Drizzle the olive oil. Bake for 30 minutes at 400 F, turning halfway through.

To prepare the sauce

Heat the olive oil in a large skillet. Add the garlic and ginger. Cook for 1 minute. Stir in the curry and turmeric and cook for 1 minute more. Pour the coconut milk and add the peppercorns. Simmer for 2 minutes, and then add the meatballs. Cover with sauce. Serve over basmati rice, topped with fresh parsley/cilantro.

### SERVES 4

**NUTRITION INFORMATION:** Calories: 385    Fat: 28g    Carbs: 13.6g    Protein: 22.8g

## Spanish Meatballs and Padron Peppers

### INGREDIENTS

For the meatballs

- 1 lb. ground turkey
- 1 egg, beaten
- 1 tbsp olive oil
- 1 onion, halved and sliced
- 2 cloves garlic, crushed
- 1 tbsp fresh oregano, chopped
- 1 tbsp fresh rosemary, chopped
- 1 tsp smoked paprika
- 14 oz. can chopped tomatoes

For the Peppers

- 1 tbsp olive oil
- 1 tsp sea salt
- 2 cups padron peppers



### DIRECTIONS

Heat 1 tablespoon of oil in a saucepan and add the onion and garlic. Cook over a medium heat for 5 minutes, until softened. Cool a little and then place in a bowl. Mix the onions and garlic in the bowl with the turkey mince, egg and paprika. Combine well. With damp hands, roll the mix into 18-20 small balls and place in the fridge briefly to firm up. Heat the saucepan again and add the meatballs. Stir fry over a high heat to brown. Pour in the canned tomatoes, rosemary and oregano and bring to a simmer. Place a lid on the pan and cook for 10-15 minutes until the tomato sauce has thickened and the meatballs are cooked. In a frying pan, add the remaining tablespoon of olive oil and heat until really hot. Place the peppers and salt in the oil and stir fry until charred and softened. Mix the peppers and meatballs together and serve as part of a tapas style meal.

### SERVES 4

**NUTRITION INFORMATION:** Calories: 316    Fat: 10.9g    Carbs: 11.6g    Protein: 44g

# Snacks

## Avocado and Eggplant Spread

### INGREDIENTS

½ eggplant  
 3 tsp olive oil  
 1 tsp tahini  
 ½ avocado  
 1 tsp freshly squeezed lemon juice  
 1 tsp sesame seeds  
 Salt and freshly ground pepper to taste  
 Sourdough bread slices to serve



### DIRECTIONS

Prick the eggplant skin with a fork. Brush with 1 teaspoon olive oil and sprinkle some salt on the opposite side. Line a baking tray with parchment paper. Place the eggplant, skin side down, and cook for 30 minutes until soft. Let cool completely, and then scoop out the flesh. Place in a bowl, add the avocado, tahini, 2 teaspoons oil and lemon juice. Blend until smooth. Season with salt and freshly ground pepper. Serve with sourdough bread slices, topped with sesame seeds.

### SERVES

**NUTRITION INFORMATION:** Calories: 215    Fat: 19.1g    Carbs: 11.9g    Protein: 2.8g

## Olive Pate Devilled Eggs

### INGREDIENTS

4 eggs, hard boiled  
 1 avocado  
 ½ cup Kalamata olives, pitted  
 1 tbsp olive oil  
 1 tbsp freshly squeezed lemon juice  
 1 dried chili, chopped  
 Salt and freshly ground pepper to taste

### DIRECTIONS

Cut the eggs into halves and remove the yolks.

Place the avocado, olives, olive oil, lemon juice and yolks in a bowl and blend until smooth. Season with salt and freshly ground pepper. Divide the paste between the egg halves. Top with chopped chili to serve.



### SERVES 2

**NUTRITION INFORMATION:** Calories: 430    Fat: 38.9g    Carbs: 11.4g    Protein: 13.3g

## Tomato Bread

### INGREDIENTS

4-8 thick slices of gluten free sourdough bread  
 2 tbsp olive oil  
 2 garlic cloves  
 6 ripe plum tomatoes, chopped  
 1 tbsp fresh oregano, chopped  
 1 tsp fresh rosemary, chopped finely  
 1 tsp sea salt



### DIRECTIONS

Preheat the oven to 400 F and line a baking tray.  
 Place the bread onto the tray and place in the oven for 5 minutes to dry out a little. Slice the garlic in half and then rub each slice quite firmly with the garlic. Drizzle the olive oil evenly over the top. In a bowl, mash the tomatoes, herbs and salt together to create a coarse mix. Spread onto the bread pieces and return to the oven for a further 5 minutes, until heated through and a little crisp around the edge. Serve immediately as part of a tapas style meal.

### SERVES 4

**NUTRITION INFORMATION:** Calories: 258    Fat: 9g    Carbs: 35.6g    Protein: 7.6g

## Watermelon Virgin Pina Colada

### INGREDIENTS

1 cup watermelon cubes  
 ¼ cup pineapple juice  
 ½ cup pineapple chunks  
 ½ cup coconut milk  
 1 cup ice cubes

### DIRECTIONS

Blend all the ingredients (except for the ice cubes) until smooth. Divide between serving glasses and add the ice. Serve immediately.



### SERVES 2

**NUTRITION INFORMATION:** Calories: 227    Fat: 14.6g    Carbs: 25.2g    Protein: 2.3g

# Sides

## Stuffed Mushrooms

### INGREDIENTS

8 champignon mushrooms  
 1 yellow onion, diced  
 1 carrot, diced  
 ½ tsp dried oregano  
 1 tbsp olive oil  
 ½ cup grated parmesan  
 Salt and freshly ground pepper



### DIRECTIONS

Peel the mushrooms. Remove the stalks and dice them together with 2 mushrooms. Heat the olive oil in a skillet and sauté the onion and carrot for 2-3 minutes. Add the chopped mushrooms and cook for 2 more minutes. Season with salt, freshly ground pepper and add the oregano. Stir well. Place the remaining mushrooms in a baking tray. Divide the carrot mixture between the mushrooms and top with 2/3 of the parmesan. Bake for 20 minutes at 400 F. Sprinkle the remaining parmesan while still hot.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 201    Fat: 13.3g    Carbs: 11.8g    Protein: 12.2g

## Watermelon and Avocado Salad Bowl

### INGREDIENTS

3 cups watermelon, cubed  
 2 avocados, peeled, stone removed and cubed  
 4 tbsp mixed seeds, such as pumpkin and sunflower  
 2 cups arugula  
 2 tbsp olive oil  
 ½ tsp sea salt  
 1 lime, juice and zest

### DIRECTIONS

Mix the watermelon, avocado, seeds and arugula together in a bowl. Mix the olive oil, salt, lime zest and lime juice together and pour over the salad ingredients. Divide the salad between four bowls or plates and serve immediately.



### SERVES 4

**NUTRITION INFORMATION:** Calories: 305    Fat: 22g    Carbs: 21.6g    Protein: 6.7g

## Roasted Vegetable Salad Bowl

### INGREDIENTS

2 red onions, peeled and cut into wedges  
 3 cups mixed mushrooms, sliced  
 2 bell peppers, any color, de-seeded and sliced  
 2 zucchinis, sliced  
 2 cups baby plum tomatoes  
 2 garlic cloves, crushed  
 2 small sprigs fresh rosemary  
 1 tsp sea salt  
 2 tbsp olive oil



### DIRECTIONS

Preheat the oven to 400 F and line a baking tray. Tip all of the vegetables onto the tray and massage the oil, salt, rosemary and garlic into them, mixing really well. Roast in the oven for 20 minutes and then give a good toss to ensure they are not sticking and they are evenly cooked. Return to the oven for a further 10 minutes to continue to cook, until softened and a little charred.

### SERVES 4

**NUTRITION INFORMATION:** Calories: 151    Fat: 7.4g    Carbs: 19g    Protein: 4.1g

# Desserts

## Blueberry Frozen Yogurt Cake

### INGREDIENTS

#### For the Crust

5 oz. gluten free graham crackers  
1/3 cup melted butter

#### For the Apple Layer

1 large apple, peeled and chopped  
2 tbsp freshly squeezed lemon juice  
1 tbsp water  
3 tbsp coconut sugar  
1 tsp cinnamon  
1 cup Greek yogurt  
½ cup sour cream

#### For the Blueberry Layer

2/3 cup blueberries  
1 ½ cup Greek yogurt  
1 cup sour cream  
3 tbsp raw honey

#### For the Topping

1 cup fresh blueberries  
1 tsp raw honey



### DIRECTIONS

#### To prepare the crust

Line a round form with parchment paper leaving about 2 inches on the sides to be able to pull out the cake. Place the crackers in a ziplock bag and crush them with a roller or meat hammer. Place in a bowl, add the butter and stir until sticky. Press the mixture on the bottom of the pan and place in the freezer.

#### To prepare the apple layer

Place the apple, lemon juice, water and sugar in a small saucepan and cook for 7-10 minutes, until soft. Let cool a bit and then run through a sieve, to remove the pulp. Whisk together the yogurt and sour cream. Add the apple puree and cinnamon. Stir well. Pour this mixture over the crust and freeze for 1 hour.

#### To prepare the blueberry layer

Puree the blueberries together with the raw honey. Whisk the yogurt and sour cream. Stir in the blueberry puree. Pour over the apple layer and freeze for at least 3 hours.

#### To prepare the topping

Puree the blueberries and add the honey. Keep the cake in the fridge for at least 1 hour before serving. Add the topping and cut into slices to serve.

### SERVES 12

**NUTRITION INFORMATION:** Calories: 244   Fat: 14.3g   Carbs: 25.1g   Protein: 5.8g

## Blueberry and Coconut Raw Cheesecake

### INGREDIENTS

For the Crust

2/3 cup almonds  
 ¼ cup shredded coconut  
 10 Medjool dates, pitted  
 1 tbsp coconut oil

For the Filling

1 ½ cup cashews, soaked overnight  
 ¼ cup freshly squeezed lemon juice  
 ½ cup freshly squeezed orange juice  
 ¼ cup coconut cream  
 ½ cup coconut oil  
 2 cardamom seeds, crushed  
 1 tsp vanilla extract  
 1 tbsp raw honey  
 1 cup fresh blueberries



### DIRECTIONS

To prepare the crust

Place the almonds in a food processor and pulse a few times. They should remain a bit crunchy. Add the dates, shredded coconut and coconut oil. Process until the dough begins to come together. Line the bottom of a springform pan (with detachable sides) with parchment paper. Transfer the dough inside and press it evenly on the bottom with the tip of your fingers. Place in the fridge while preparing the filling.

To prepare the filling

Place all the filling ingredients (except for the blueberries) in a food processor. Pulse until smooth. Pour on top of the crust. Puree the blueberries. Add 2 tablespoons of the puree (reserve the rest for later) to the cashew mousse. Use a fork to spread it here and there. Place the pan in the freezer for at least 4 hours. Top the cheesecake with the remaining blueberry puree to serve.

**Serves: 12**

**NUTRITION INFORMATION:** Calories: 360    Fat: 21.5g    Carbs: 41.7g    Protein: 4.9g

## Poppy Seed and Orange Cupcakes

### INGREDIENTS

For the Cupcakes

1 ¼ cup almond flour  
 1 ½ tsp baking powder  
 Pinch of salt  
 2/3 cup butter, at room temperature  
 ½ cup coconut sugar  
 3 eggs  
 Zest from 1 orange  
 1/3 cup coconut milk  
 1 tbsp poppy seeds

For the Topping

1 1/3 cup cream cheese  
 1 tbsp honey  
 2 tbsp freshly squeezed orange juice  
 Orange zest and poppy seeds to garnish



### DIRECTIONS

To prepare the cupcakes

Line a muffin tin with silicone molds. Preheat the oven to 350 F. Combine the butter with sugar and orange zest and whisk at medium speed until fluffy. Add the eggs and mix until well combined. Pour the milk and mix again. In a separate bowl, combine the flour with baking powder and salt. Incorporate the flour into the egg mixture with a spatula. Add the poppy seeds and mix until well incorporated. Divide the batter between muffin cases and bake for 20 minutes or until a toothpick inserted in the middle comes out clean. Remove from the tin and transfer on a wire rack to cool completely.

To prepare the topping

Place the cream cheese, honey and orange juice in a bowl. Whisk until fluffy. Top each cupcake and decorate with additional orange zest and poppy seeds to serve.

### SERVES 12

**NUTRITION INFORMATION:** Calories: 324    Fat: 27.8g    Carbs: 13.8g    Protein: 6.3g

## Salted Caramel Truffles

### INGREDIENTS

1 cup dates, pitted  
 8 oz. unsweetened dark chocolate, chopped  
 3 tbsp almond butter  
 1 tbsp coconut oil  
 1 tsp sea salt, divided

### DIRECTIONS

Soak the dates overnight. Place in a sieve and try to discard as much liquid as you can. Transfer the dates to a food processor, add ½ teaspoon of salt and process until soft and sticky. The “dough” may come together but that’s not necessary. Taste and adjust the salt quantity.



Line a tray with parchment paper. Scoop tablespoons of dates mixture and take the tray to the freezer for 1 hour. Top with almond butter and freeze again for 30 minutes. Meanwhile, place the chopped chocolate in a pan together with the coconut oil. Fill a pot with water and place the pan on top of it. Heat the water over medium heat. Stir from time to time until the chocolate melts. Set aside to cool a bit. Use a fork to drive the truffles through the melted chocolate and put them back on the parchment paper. Freeze for 1 hour more, before serving.

### SERVES 15

**NUTRITION INFORMATION:** Calories: 168    Fat: 11.3g    Carbs: 13.8g    Protein: 3.1g

## Sesame and Coconut Truffles

### INGREDIENTS

3 tbsp sesame seeds  
 ½ cup cashews  
 2 tbsp shredded coconut  
 1 tbsp cocoa powder  
 3 tbsp honey  
 2 tbsp coconut oil  
 Extra shredded coconut and  
 cocoa powder to coat



### DIRECTIONS

Grind the sesame seeds and cashews. In a bowl, combine the seeds and cashew nuts with shredded coconut and cocoa. Add the honey and coconut oil and mix until you get a sticky dough.

Wet your hands and shape small balls. Spread some shredded coconut and cocoa powder on 2 separate plates. Roll the truffles to coat. Refrigerate for at least 60 minutes before serving.

### SERVES 12

**NUTRITION INFORMATION:** Calories: 85    Fat: 6.4g    Carbs: 7.1g    Protein: 1.4g

## About Exercises For Injuries

### **Exercises For Injuries – Your Trusted Resource for Pain-Free Living** *Recognized as a global leader in injury prevention and recovery since 2008!*

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, without expensive appointments, addictive prescriptions, or risk-laden surgery.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

**Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)**

## About Rick Kaselj

**Hi, I'm Rick Kaselj.** I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.

**Here are a few relevant facts about me:**

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have over 20+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have personally conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



### **I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN**

**I'm all about finding what works...** and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

**Some of the most effective methods** I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

**People get the best results** when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them, and instructions for what the right amount of rest is, and when to take it.

## What My Clients and Customers Say

"Your exercises have changed my life. I have been in constant pain for 15 years."

-- **Shelley Watson, Carmel, CA**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months."

-- **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"Thank you Rick, you saved my career!"

-- **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

## Free DVD Offer

### **I HAVE A FREE GIFT FOR YOU... THAT WILL START DECREASING YOUR PAIN NOW!**

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...

- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.

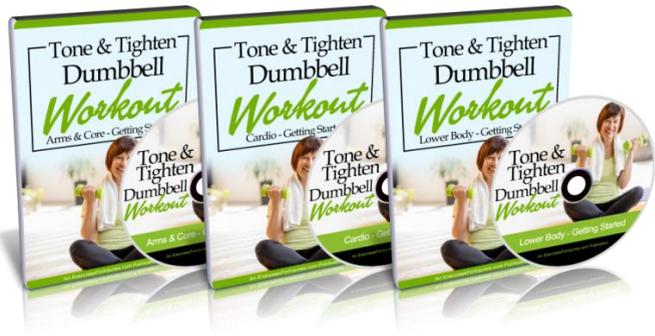


***We have limited supplies right now... so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:***  
**[www.ThePainHacker.com/Free-DVD-2](http://www.ThePainHacker.com/Free-DVD-2)**

## Our TOP 5 Best Selling Exercise Programs

### #1: TONE & TIGHTEN DUMBBELL WORKOUT

*FINALLY...* an easy-to-do, low-impact, exercise routine designed for women and men between 45 and 75 that can help you lose weight, increase your energy, feel better throughout the day, be more attractive, reduce your risk of disease, and lots more...

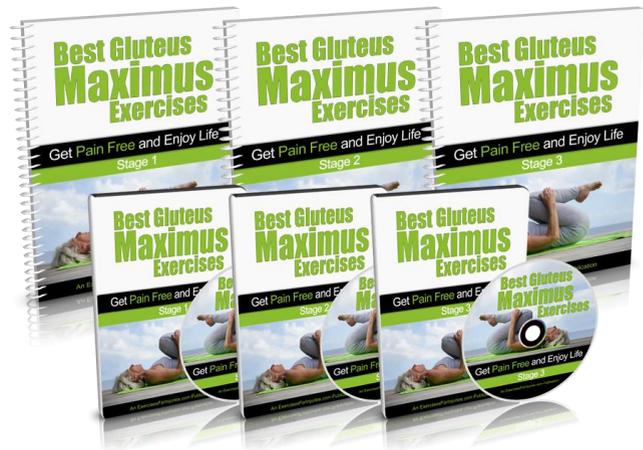


- You can do this whole program in 12 minutes or less each day
- This program is designed specifically for women and men between 45 and 75
- This workout is based on conclusions from scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program

Learn more at: [www.Invincible-Body.com/Tone-Tighten](http://www.Invincible-Body.com/Tone-Tighten)

### #2: BEST GLUTEUS MAXIMUS EXERCISES

Most doctors have *NO IDEA* what really causes low back, hip and knee pain. Your "butt" muscle - the Gluteus Maximus, *is the key*. If you stretch it and strengthen it the right way, you can rapidly reduce and eliminate lower back, hip and knee pain, and finally get back to your normal, pain-free life!



- This amazing pain-relieving program only takes 15 minutes a day
- You're finally going to be addressing the real cause of your pain
- This program isn't just *made up* - it's based on scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program

Learn more at: [www.BestGluteusMaximusExercises.com](http://www.BestGluteusMaximusExercises.com)

## #3: BEST GLUTEUS MEDIUS EXERCISES

*THE SURPRISING TRUTH ABOUT BACK AND HIP PAIN:* Most people (and doctors!) don't know it, but the Gluteus Medius muscle single-handedly keeps millions of people stuck and struggling with chronic back and hip pain. This simple video exercise program shows you how to heal your Gluteus Medius muscle, so you can reduce and eliminate your back and hip pain, FAST!

- Within just 7 days you should feel a significant decrease in your back and hip pain
- Imagine your life without low back and hip pain - many of my clients have achieved this!
- This program is based on conclusions from scientific research and medical studies
- These exercises are gentle, easy-to-learn, and easy-to-do... but highly-effective!

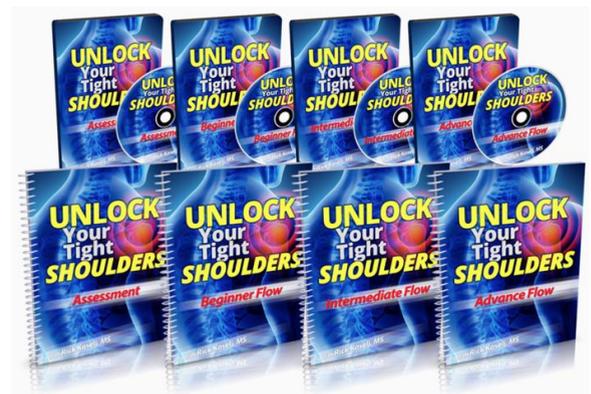


Learn more at: [www.GluteusMediusExercises.com](http://www.GluteusMediusExercises.com)

## #4: UNLOCK YOUR TIGHT SHOULDERS

*This REVOLUTIONARY 8-Point Reshape Method HEALS shoulder pain!* In less than 9 minutes a day you can release decades of trapped muscle and irritating joint pain, and PAIN-PROOF your body's most vulnerable joint - the shoulder.

- Based on real scientific research
- Do it all yourself, in the comfort of your own home, with this simple video program
- Most "experts" give you one or two ways to loosen your shoulders, this program gives you 8 layers of shoulder relief and protection!

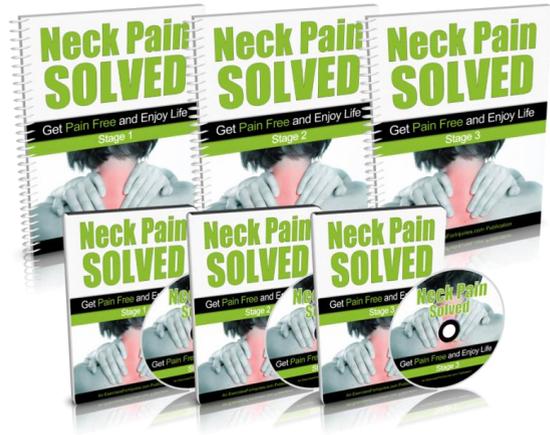


Learn more at: [www.Invincible-Body.com/Tight-Shoulders](http://www.Invincible-Body.com/Tight-Shoulders)

## #5: NECK PAIN SOLVED

*Do you have persistent NECK PAIN? Migraines? Headaches?*  
 Give me JUST 9 MINUTES a day, for JUST 28 DAYS, and I  
 GUARANTEE your neck pain, headaches and migraines will be  
 gone for good...

- Reduce and eliminate your neck pain, headaches, and migraines NATURALLY... without expensive surgery, without time-consuming physical therapy appointments, without pain pills, without invasive treatments
- This program gives you 7 DIFFERENT approaches to fixing your neck pain - most others don't even give you 3!
- This program is based on scientific research, data and studies related to neck pain
- This is the most comprehensive neck pain exercise program you'll find, but ALSO the easiest to do - it only takes 9 minutes each day!



**Learn more at: [www.NeckPainSolved.com](http://www.NeckPainSolved.com)**

## GOT PAIN? We Have a Program for You

If you've got a specific pain or injury you need help with... *you're in the right place*. For more than 23 years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. These are just some of Rick's programs, categorized by pain and injury:

### BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

### KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)

### FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)

### SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)

### NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

### LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

### MISCELLANEOUS

- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these  
or our other pain, injury or exercise programs, go to:  
[www.ExercisesForInjuries.com/Shop](http://www.ExercisesForInjuries.com/Shop)**