

# Spring Cleaning | Recipes & Tips

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## Time to spring forward into a fresh start!

I've curated three super-clean recipes to help you sweep away the winter sluggishness and spring-forward into your health goals. We're deep-cleaning from the inside out with vibrant, anti-inflammatory ingredients that help you shed the heavy layers of the past season. Whether you're looking to clear the "dust" from your digestion or just want a meal that tastes like sunshine, these recipes are all about planting the seeds for a better body and a brighter you.



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## What's Inside?

### **Beanoa (Bean + Quinoa) Salad**

This salad is the perfect opening act for a cleanse—a high-fiber, plant-based powerhouse that primes your digestion without weighing you down. By pairing the complete protein of quinoa with the detoxifying properties of mung beans, you get a steady release of energy & a healthy dose of iron.

### **Green Goddess Salmon With Roasted Spring Vegetables**

This sheet pan meal is the ultimate reset dinner—designed to be high in anti-inflammatory fats & cleansing greens without sacrificing flavor. Check out how you can get a satisfying, nutty, herbaceous topping that is completely grain-free. It's a vibrant, colorful way to nourish your body while keeping your cleanse goals on track.

### **GLAM Sherbet Pops (Ginger • Lemon • Apple • Matcha)**

These Pops are the ultimate functional dessert for a spring reset. We're blending whole fiber-rich apples with creamy coconut milk, to create a velvety, sweet treat without a sugar crash. The Matcha provides an antioxidant base for metabolic support, while the Ginger & Lemon provide a digestive boost & brighten your palate.

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*Ready to get started? Let's dig in!*

*— Marissa Powers, MHS*

*Board Certified Health Coach & Founder, Powers Health & Wellness*

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## Beanoa (Bean + Quinoa) Salad Serves: 4

Time Investment: 15 mins

### Ingredients

- 1 ½ cup Cooked Quinoa (red or tri-color)
- 1 ½ cups Cooked Mung Beans
- 2 cups Chopped Lacinato Kale (packed)
- 1 large Seedless Cucumber, diced
- 1 small Shallot, finely minced
- 1/3 cup Pumpkin Seeds (Pepitas), toasted
- 3 tbsp Extra Virgin Olive Oil
- 2 tbsp Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- ¼ tsp Black Pepper



### Instructions

1. In a small bowl, whisk together the olive oil, apple cider vinegar, dijon mustard, and black pepper. This is your dressing!
2. Place the shredded kale in a large bowl with a teaspoon of the dressing. Use your hands to massage the leaves for 1–2 minutes until they turn dark green and tender. This breaks down the tough cellulose, making it easier to digest.
3. Pour the remaining dressing over the kale. Add the cooked quinoa, mung beans, cucumber, and the shallot to the bowl and toss thoroughly so the quinoa absorbs the vinegar and oil.
4. Let the salad sit for 10 minutes at room temperature. This allows the flavors to meld and the fibers to soften slightly.
5. Gently fold in the fresh pumpkin seeds just before serving to keep the seeds crunchy.

**Nutrition Info (Approximate Per Serving):** Calories: 342, Protein: 13g, Total Fat: 17g, Saturated Fat: 2.5g, Carbohydrates: 37g, Fiber: 9.5g, Sugars: 3g, Sodium: 110mg, Cholesterol: 0mg

### Pro Tips:

- No Quinoa? Swap it for Buckwheat Groats or Millet. Both are gluten-free seeds that support a clean internal environment.
- For grab and go meal prep, layer this salad in a glass mason jar. Put the dressing at the bottom, followed by the beans, then quinoa, then the veggies, and finish off with the pepitas. It stays fresh and crisp up to 3 days!
- If you want an extra metabolic kick, add half a teaspoon of ground turmeric or a pinch of cayenne pepper to the dressing. It creates a thermal effect that supports circulation.

# Wild Salmon w/ Roasted Vegetables

Prep time: 15 mins | Cook time: 15 mins

## Ingredients

- 4 Wild Salmon or Arctic Char Filets, ~4oz each
- 1 Large Bunch Asparagus (woody ends trimmed off)
- 2 Medium Sweet Potatoes, peeled & sliced ½ moons
- 1 cup Radishes, quartered
- 3 tbsp Extra Virgin Olive Oil
- ¼ c Fresh Parsley, finely chopped
- ¼ c Fresh Dill, finely chopped
- 1 tbsp Orange Zest
- 2 cloves Garlic, grated
- 1 tbsp Hemp Seeds, shelled
- ½ tsp black pepper
- 1 pinch salt



## Instructions

1. Set your oven to 350°F. Line a baking sheet with parchment paper.
2. In a small bowl, combine the chopped parsley, dill, orange zest, grated garlic, hemp seeds, and 1 tablespoon of olive oil. Mix until it forms a thick, wet herb paste.
3. Toss the asparagus, sweet potatoes, and radishes directly on the sheet pan with 2 tablespoons of olive oil, salt, and pepper. Spread them out, leaving space in the center for the fish. If you need a second pan, please do so- that is better than overcrowding your fish and vegetables.
4. Place the salmon fillets in the center of the pan. Pack the herb mixture onto the top of each fillet, pressing down firmly so it forms a crust.
5. Bake for 12–15 minutes. The vegetables should be crisp-tender and the salmon should be opaque and flake easily.
6. Squeeze the juice from the zested orange over the entire pan immediately after removing it from the oven. Serve and enjoy!

**Nutrition Info (Approximate Per Serving)** Calories: 355, Protein: 35g, Total Fat: 20g, Saturated Fat: 3g, Carbohydrates: 10g, Fiber: 5g, Sugars: 3g, Sodium: 125mg, Cholesterol: 75mg

## Pro Tips:

- **Miss the Mayo?** Traditional Green Goddess dressing relies on mayonnaise for its texture. For a cleanse-friendly "creamy" fix, smash half an avocado into your herb paste before spreading it on the fish. This adds heart-healthy fats and a velvety finish without the processed oils found in mayo.
- **Fish Swap:** If you want a lower-calorie, leaner meal, swap the salmon for Cod or Halibut. Because white fish is leaner, reduce the roasting time by 2–3 minutes and add an extra teaspoon of olive oil to the herb crust to keep it moist.
- **Veg Swap:** If asparagus and radish aren't in season, you can choose a few of the many other cruciferous alternatives- broccoli, cauliflower, or brussels sprouts to name a few!

# GLAM Sherbet Pops (makes 12)

**Active time: 30 minutes**

**Chilling time: 4 hours + Freezing Time**

## Ingredients

- 4 Medium Granny Smith Apples,
  - cored and chopped (skin on)
- 12 oz Water
- 1 tbsp Matcha Powder
- ½ cup Full-Fat Coconut Milk
- ⅓ cup Agave Nectar
- 1-inch piece Fresh (or Frozen) Ginger,
  - peeled and finely grated
- 1 tbsp Lemon Juice
- 1 pinch Sea Salt



## Instructions:

1. In a medium pot, whisk the water and matcha powder together. Add the chopped apples (with skins) and grated ginger. Bring to a gentle simmer over medium heat. Cover and cook for about 15 minutes until the apple skins are very tender and the fruit is falling apart.
2. Stir in the agave nectar, lemon juice, coconut milk, and pinch of salt. Remove from heat.
3. Submerge your immersion blender completely into the pot. Blend on high for 2 full minutes, moving the blender in a slow circular motion to ensure all apple skins are pulverized into a silky puree (or leave it a little chunkier if you like that texture!)
4. Cool the mixture to room temperature, then refrigerate for at least 4 hours (or overnight). A cold base is essential for a smooth texture.
5. Pour the chilled mixture into your popsicle molds. Freeze and enjoy! Alternatively, you can use an ice cream maker and churn according to the manufacturer's instructions (usually 15–20 minutes). Transfer to a container and freeze for 2 hours before serving.

## Nutrition Info (Approximate Per Serving):

Calories: 68, Protein: 0.5g, Total Fat: 2g, Saturated Fat: 1.8g, Carbohydrates: 13g, Fiber: 1.5g, Sugars: 9g, Sodium: 12mg, Cholesterol: 0mg

## Pro Tips:

- One of these "GLAM" pops contains about 20–25mg of caffeine—about the same as a square of dark chocolate or 1/4 cup of brewed coffee. Thanks to the amino acid naturally found in matcha and the healthy fats in the coconut milk, you get a “pop” of energy without the jitters or the mid-afternoon crash.
- The Vitamin C from the lemon juice and Granny Smith apples does more than just add tartness—it actually helps your body absorb the antioxidants in the matcha more effectively.
- For an extra Spring-Cleaning boost, add a few fresh mint leaves during the blending stage. It acts as a natural digestive aid to soothe the gut.