

SIMA

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KUSI TV x SIMA



Saturday, November 18, 2017 at 7:20 AM PST



Sima will be doing a cooking segment featuring Healthy holiday hors d'oeuvres on Good Morning San Diego!

View Sima's Segment here:

<https://youtu.be/DHiFXCfRyag>



Sima's Healthy Holiday Hors D'oeuvres:

Suja's Twilight Chocolate Chia pudding

Serves: 4

Ingredients

- 1 bottle of Suja's Twilight Juice
- 2 tablespoons unsweetened cacao powder
- 2 tablespoons of pure maple syrup
- 1 teaspoon of cacao nibs

Method

Add all ingredients in a large bowl and stir.
Divide mixture into 4 cups and refrigerate overnight.

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Cherry tahini bites

Ingredients

1/2 cup mixed walnuts and pistachios
1/2 cup raisins
1/2 cup dried cherries
2/3 cup tahini
1/2 cup shredded unsweetened coconut

Method

Place all ingredients in a food processor or high-speed blender and blend until broken into small pieces and becomes like a sticky dough. Transfer the “dough” to a large bowl, wet the palm of your hands with water, and form 20 balls. Place the balls in the freezer for 5–10 minutes so they become hard. Store in a sealed container in the freezer for up to 3 weeks.

Western Grassfed’s Meat on a stick

Ingredients

4 Western Grassfed beef sticks
5 ounces of low fat sharp cheddar cheese
1 cup cherry tomatoes

Method

Deleaf endives and arrange on a large tray -- arrange leaves facing up so it is the shape of a boat. Smear goat cheese in each one. Garnish with microgreens. Lastly, top with pistachios, cranberries and drizzle with Primal Kitchen’s Balsamic Vinaigrette.

Method

Cut Western Grassfed beef sticks into 2 inches long
Cut tomatoes in half
Cut cheese into 1 inch cubes
Assemble on a toothpick

Avocado and mayo dressing

1 large avocado
2 tablespoons of Primal Kitchen’s Chipotle Lime Mayo
1 tablespoon lemon juice

Method

Smash avocado in a bowl and mix with Primal Kitchen’s Chipotle Lime Mayo

Endive Boats

Ingredients

5 fresh endives (green or purple)
1 large log of goat cheese
4 tablespoons of chopped pistachios
2 tablespoons of unsweetened cranberries
2 tablespoons of Primal Kitchen’s Balsamic Vinaigrette
4 tablespoons of microgreens

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SIMA is a celebrity trainer, nutritionist, wellness expert, and life coach with more than twenty years' experience. In her life journey she learned the important elements that govern and influence health and happiness. She perfected her method to help people from all walks of life discover these elements which pave the way for achieving sustainable health and happiness in life: Self, Sweat and Substance. Her expertise in nutrition (substance) and fitness (sweat) has helped thousands of overweight individuals achieve ideal weight – the culinary part of that work resulted in the creation of this book. Sima resides in Los Angeles, California, with her daughter Kayla.

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