



Ruby Lathon, PhD Holistic Nutritionist, Health Coach & Educator

Dr. Ruby Lathon is an engineer turned holistic nutritionist, after healing herself of thyroid cancer by drastically changing her lifestyle through a plant-based diet. Dr. Lathon was featured in the hit documentary, *What the Health* and the newly released documentary, *They're Trying to Kill Us*. Dr. Lathon now teaches others how to re-engineer their health and live disease free.

Dr. Lathon is an inspirational and sought-after speaker on motivation and natural healing. She teaches other about the benefits and power of plant-based nutrition through health conferences, workshops, vegan cooking classes, consultations and coaching programs. She is the host of "The Veggie Chest," plant-based cooking show aired on Washington's DCTV. In addition, Dr. Lathon also lends her expertise to [Body Complete Rx \(BCRX\)](#), a wellness brand with a complete range of plant-based health and beauty supplements available at The Vitamin Shoppe.

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[YouTube TheVeggieChest](https://www.youtube.com/TheVeggieChest)

RECIPE!

Dr. Ruby's Savory Raw Collard Green Wraps

Filling Ingredients:

- 1 cup walnuts, soaked overnight or 2 hours, drained
- ½ purple cabbage, shredded (optional)
- 1 cucumber, diced
- 3 tablespoons organic white miso paste or tamari
- 1 clove garlic, peeled
- 1/4 cup basil leaves, fresh
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon, sea salt
- 1 small shallot or ½ of a red onion
- Dash, cracked pepper

Greens & Garnishes:

- 5 Collard green leaves, washed, stems removed gently, leaves cut it half along the stem line to make 2 halves
- 1 cucumber, seeds removed, slice into matchsticks
- 1 pear or apple, slice into thin wedges

Dipping Sauce Ingredients:

- 1/4 cup creamy peanut butter
- 2 tablespoons rice wine vinegar



- 2 tablespoons tamari
- ½ jalapeno, diced
- 1 teaspoon grated ginger root
- 1 medium garlic clove minced
- 1/2 cup warm water

Preparation:

1. Prepare sauce: Add all sauce ingredients into a blender and blend until smooth and creamy. Set aside.
1. Add filling ingredients to a food processor and pulse until chunks are gone.
2. Lay collard flat with stem side up and slice off the stem and trim down the thick part of the stalk running through the leaves so it is easy roll. If the leaves are very large cut them down the center to make two pieces.
2. Lay the collard leaf on a flat surface, smooth side up, and spread the walnut filling in the middle of the leaf.
3. Add 3-4 cucumber matchsticks, and 2-3 pear slices, then fold the collard leaf to make a wrap.
4. Roll the leaf, starting with the base of the leaf tucking in the ends like a burrito.
5. Repeat with remaining filling and leaves. Cut in half secure with a toothpick if needed. Serve with dipping sauce.

Peanut Sweet Potato Noodles

Spiralized sweet potatoes tossed with spinach, drenched in peanut sauce, and topped with crunchy peanuts.

Peanut sauce Ingredients:

- 1/4 cup creamy peanut butter
- 2 tablespoons rice wine vinegar
- 2 tablespoons tamari
- ½ jalapeno pepper, diced
- 1 teaspoon grated ginger root
- 1 medium garlic clove minced
- 1/2 cup warm water

For the noodles:

- 1 medium sweet potato peeled and spiralized with 1/8-inch julienne blade
- 4 cups about 3 ounces baby spinach

Toppings:

- 1/4 cup chopped peanuts
- Small bunch fresh cilantro
- 2-3 scallions, finely sliced (optional)

Equipment:

- Spiralizer

Instructions

1. Make the sauce. Add all peanut sauce ingredients to a small bowl and whisk until smooth. Set aside.
2. Spiralize your sweet potato using the 1/8" julienne/spaghetti blade on your spiralizer.
3. Blanch noodles for 1 minute only (optional)
4. Sauté spinach, stirring frequently, until spinach is slightly wilted, 1 minute or two. Remove from heat.
5. Add the peanut sauce to the noodles, stirring and tossing, add in spinach and toss until the veggies are coated.
6. Transfer to plates and add toppings. Serve immediately.