



Ruby Lathon, PhD

Holistic Nutritionist & Wellness Coach

Dr. Ruby Lathon is a certified holistic nutritionist, wellness consultant and advocate for plant-based nutrition. Dr. Lathon inspires with a powerful story of recovering from thyroid cancer through alternative treatment focused on a whole foods, plant-based diet. Dr. Lathon worked for years as a researcher and an award-winning engineer and now teaches others how to re-engineer their health and live disease free.

Through her organization, Roadmap to Holistic Health, Dr. Lathon hosts health conferences, workshops and vegan cooking classes and provides customized nutritional consultations and coaching programs. Dr. Lathon is host of The Veggie Chest, an online, plant-based cooking show and is featured in the hit documentary, *What the Health*.

Get Connected: www.RubyLathon.com



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Watch Dr. Ruby
in this film!

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



@RubyL

RECIPES

Vegan Scampi with White Wine Cream Sauce

A deliciously elegant dish. Serves 2-4 people.

Ingredients

Hearts of Palm & Oyster Mushrooms

- 1 jar (24 ounces) hearts of palm sliced into 1/4 rounds
- 4-6 king oyster mushrooms (or oyster mushrooms), stems sliced into 1/4 rounds
- 1 tablespoon vegan butter

Lemon Cream Sauce

- 1 tablespoon vegan butter
- 1/3 cup shallots thinly sliced
- 1 tablespoon minced garlic
- 1 cup vegetable broth or white wine
- 1 tablespoon white miso paste
- 1/4 cup vegan cream cheese (softened) or vegan sour cream
- Juice from 1 lemon
- 1/2 teaspoon dulse or kelp flakes

Toppings

- 1/2 cup basil or parsley roughly chopped
- 1-2 teaspoon lemon zest
- 1/4 cup breadcrumbs



Noodles:

- 4 ounces gluten-free linguini noodles

Instructions

1. Cook noodles according to the package.
2. In a large skillet, heat the vegan butter over medium-high. In batches, brown the heart of palms and mushrooms on both sides. Careful not to burn. Remove from skillet, set aside.
3. In the same skillet sauté shallot and garlic in vegan butter. Cook until shallots soften approximately 4-5 minutes. Do not brown.
4. Add the vegan broth or white wine; stir until slightly reduced, about 5-8 minutes. Lower heat to low and add the vegan cream cheese or sour cream, miso paste, dulse and lemon juice. Stir until the sauce is smooth. Remove from heat and stir in the basil or parsley.
5. Serve over cooked gluten-free linguine noodles. Plate mushroom and heart of palm on top of the noodles, top with a generous portion of the cream sauce.
6. Top with breadcrumbs, fresh herbs and lemon zest.

Notes

Serve with crusty bread, over gluten-free pasta or brown rice

Raw Vegan Cake Pops

Ingredients:

- 1 cup raw almonds
- 1 cup raw cashews
- 1/2 cup rolled oats
- 1 cup medjool dates
- 1 tablespoon peanut butter or almond butter
- **Optional:** ¼ - ½ cup beet root powder to achieve a reddish/pink color.

For chocolate coating:

- 1/2 cup raw cacao powder
- 1/2 cup melted coconut oil
- 3 tablespoons maple syrup or agave at room temperature

As an alternative to this chocolate sauce, you can substitute 3/4 cup store bought vegan semi-sweet chocolate chips and melt them.

Optional toppings:

- coconut shreds
- crushed nuts
- beet root powder
- cacao powder

INSTRUCTIONS

1. Place almonds, cashews, oats, dates, peanut butter and beet root powder to change the color, process in food processor until everything is completely broken down and the 'dough' begins to stick together. If they are breaking apart... you need to process the dough more until the balls form without breaking apart.
2. Roll into balls using roughly 2 tablespoons of 'dough' and place on a baking sheet. Use your hands to squeeze the dough together into a ball and it will eventually take form. Once all dough has been rolled into balls (about 12 balls), freeze for 15 to 20 minutes.
3. You can cover the balls with your preferred topping, such as coconut shreds or cacao powder or coat with chocolate and then add toppings.
4. Before you begin coating pops with chocolate— be sure to have any toppings ready because once the melted cacao comes into contact with the cold cake pops the chocolate will begin to harden and the toppings won't stick as easily.
5. **To coat in chocolate:** Prepare your chocolate coating by blending the liquid (melted) coconut oil with the cacao powder and the agave/maple syrup (or melt store bought chocolate chips on low heat in crockpot). Keep warm to make sure it doesn't harden.
6. Take the pops out of the freezer and add each ball onto a wooden stick (do this while still frozen, otherwise it won't work as well). Immediately dip one by one into your chocolate coating and add your desired garnish. Put in the refrigerator for 20 minutes or overnight.
7. Keep in the fridge until ready to serve.

